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The good Huswiues hand-

maid, for Cookerie in her Kitchin
in dressing all maner of meat, with
other wholsom diet, for her &
her household. &c.

To boile mutton with mallowes
or turneps.

TAke a necke of Mutton, cut it in ribbes
and put it in a pot, and a good quantitie
of beefe broth, and make it boyle: then
take your Turneps or Ballowes, and
cut them in peeces, of the bignes of your mut-
ton, then put into your pot a little pepper, and
so let them steele till they be verie tender, then
take them of and serue them vpon sops.

To boyle mutton with Spinage.

TAke your necke of mutton and cutte it
in peeces, and put it into a faire Dorte,
and a good quantitie of mutton broth,
and make it boyle: then take Sweete Mar-
row, and cut it of the bignes of your finger, and of
the length, and put it in your pot, and cutt in
peeces: then take three good handfulls of Spin-
nage, wash it verie cleane, and wring the
water from it, and cut it small, and put it in

MUSEVM
BRITAN

A new booke

to the pot, and a litle pepper and salt, look that you haue no moze broth then will couer your meate: so let it steue verie softly till it bee tender, then serue it vpon sops.

To boyle mutton with Carrets.

Take a breaſt or necke of Mutton, cut it of the bignes of your thombe, and put it into an earthen pottle with faire water, and make it seeth: Then take Carret rootes, and scrape them cleane, and cutte them of the bygnes of your Mutton, and let them seeth, then put in halfe a handfull of Stripped Tymme, as much of Sauozie and ysope, and a litle salte and Pepper: Let them seeth till your Mutton and roots be verie tender then serue them vpon sops.

To boyle mutton with Coleworts.

Take a necke of fat Mutton, and cut your ribbes, and boyle them vpon a girdle, till they bee halfe enough, then put them in a faire earthen pot, and a good quantitie of beefe broth and make them boyle: Then take a handfull of Colewortes, and wash them cleane, and beate them in peces, and put them vpon your Mutton, and a ladle full of the fat beefe broth, and a litle Pepper and salt, and so let them steue till they be verie tender, and put them vpon sops.

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put no salt in till the meate be readie to be taken vp.

To boyle a legge of mutton with a pudding.

First, with a knife raise the skin round about till you come to the iointes, and when you haue perboyled the meate, shred it fine with suet or Marie, Parsley, Marigam, and Peniroyall: then season it with Pepper and salte, cloues, Pace, and Sinamon, and take the yolkes of nine or tenne egges, and mingle with your meate a good handfull of Currans, and a fewe minced Dates, and put the meat into the skinne of the leg of Mutton, and close it with prickes, and so boyle it with the broth that you boyle a capon, and let it seeth the space of two houres.

To boyle a leg of mutton with Lemmons.

When your Mutton is halfe boyled, take it vp, cut it in small peces: put it into a pipkin, and couer it close, & put thereto the best of the broth, as much as shall couer your mutton, your Lemmons being sliced verie thin, and quartered, and Currans, put in pepper grosse beaten, and so let them boyle together, and when they bee well boyled, season it with a litle Marigam, sugar,

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pepper grosse beaten, and a litle Saunders, to lay it in fine dishes vpon soppes. It will make three meale for the table.

To boyle mutton with Endiue, Borage, or Lettice, or any kinde of hearbes that may serue thereunto.

When your mutton is well boyled, take the best of the broth, and put it in a pipkin: and put thereto an handfull of endiue, borage, or what herbes you list, and cast therto a few currans, and let them boyle well, and put thereto a peece of upper crust of white bread, season it with pepper grosse beaten, and a litle bergious, and a litle Sugar, and so poure it vpon your meat.

To boile mutton for a sicke bodie.

Put your Mutton into a pipkin, seeth it, and scum it cleane, and put therto a crust of bread, Fenell roots partly rootes, currans great raisons (the stones taken out) and hearbs, according as the patient is. If they bee cold, hot hearbes may be bozne: if they be hot, cold hearbs be best, as Endiue, Sinamon, Violet leaves, and some Sorrell: let them boile together. Then put in Prunes, and a verie litle salt. This is broth for a sick bodie.

To make balles of mutton.

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Take your Mutton & mince it very fine with suet. Then season it with sugar Sinamon, Ginger, cloues and mace, Salt and rawe egges, make it in round balles. Let your broth seeth ere you put them in. Make your broth with Currans, Dates quartered, whole mace and Salt. Thicke it with yolks of Egges, and Bergious, and serue it vpon sops.

To boyle a Capon with Orenge after Mistres Duffelds way.

Take a Capon and boyle it with beale, or with a marie bone, or what your fancy is. Then take a good quantitie of that broth, and put it in an earthen pot by it selfe, and put thereto a good handfull of Currans, and as manie Prunes, and a few whole maces, and some Marie, and put to this broth a good quantitie of white Wine or of Clarret, and so let them seeth softly together: Then take your Orenge, and with a knife scrape of all the filthynesse of the outside of them. Then cut them in the midst, and wryng out the iuyce of three or foure of them, put the iuyce into your broth with the rest of your stuffe, then slice your Orenge thynne, and haue vpon the fire readie a skillett of faire scalding water, and put your sliced Orenge into the water

water, & when that water is bitter, haue more readie, and so change them still as long as you can finde the great bitternesse in the water. which will be five or seauen times, or more, if you finde need: then take them from the water, and let that runne cleane from them: then put close Oranges into your potte with your broth, and so let them steeve together till your Capon bee readie. Then make your sops with this broth, and cast on a little Sinamon, Ginger, and Sugar, and vpon this lay your Capon, and some of your Oranges vpon it, and some of your Marie, and toward the ende of the boyling of your broth, put in a little Vergious, if you thinke best.

To boyle a Capon in white broth.

Boyle your Capon in faire liquoz, and couer it to keep it white, but you must boile no other meate with it, take the best of the broth, and as much Vergious as of the broth, if your vergious be not too sowre, & put there to whole Peace, whole pepper and a good hand full of Endiue, Lettice or Bozage, whether of them ye will, smal Raisons, Dates, marrow of marrow bones, a little sticke of Sinamon, the peelee of an Orange: then put in a good peece of Sugar, and boile them well together: then take two or three yolkes of egges sodden, and straine

strain them and thicke it withal, and boile your pannes by themselves, and lay vpon your Capon: poure your broth vpon your capon.

Thus may you boyle any thing in white broth.

An other way to boyle a capon in white broth.

Take marrow bones, breake them, and boile them and take out the Marrowe. Then seeth your capon in the same liquour. Then take the best of the liquour in a small potte to make your broth withall, then take Currans, Dates, and Bunes, and boile them in a potte by themselves, till they bee plum, then take them vp, and put them into your broth, then put whole Peace to them, and a good quantitie of beaten Ginger, and some Salte. Then put the Marrowe that you did take from the bones, and straine the yolkes of Eggs with Vineger, and put them into your Broth, with a good peece of Sugar, but after this it must not boile: then take bread, and cut thereof thin sippets, and lay them in the bottome of a dish then take sugar, and scrape it about the sides of the dish, and lay thereon your Capon, and the fruit vpon it, and so serue it in.

To boile a Capon in brewes.

Y Du must boyle your Capon with fatte meat, then take the best of the broth, and put it in a pipkin, and put whole mace to it, whole Pepper, some red Currans, halfe as much white Wine as you haue of broth, good store of marrowe and Dates, and scum them cleane, and keep your liquoz verie clear, and season it with vergious and Sugar, and then lay your Capon vpon browes finely cut, and so poure your broth vpon it.

To boyle a Capon with Orenge
or Lemmons.

T Ake your Capon and boyle him tender, and take a little of the broth whē it is boyled, and put it into a Pipkin, with Mace and Sugar a good deale, and pare thre Orenge and pill them, and put them in your Pipkin, and boyle them a little among your broth, and thicken it with wine and yolks of egges, and Sugar a good deale, and salt but a little, and set your broth no more on the fire, for quailing, and serue it in without suppets.

To make Sops for a Capon.

T Ake tostes of bread, Butter, Claret wine, and slices of Orenge, and lay them vpon the tostes, and Cinamon, Sugar, and Ginger.

To

To make Sops for Chickens.

First take Butter, and melt it vpon a chafin dish with coales, and lay in the dish thinne tostes of breade, and make Sorell sauce with Vergious and Gooseberries, seeth them with a little Vergious and lay them vpon.

To boyle a Mallard with cabage.

T Ake the Cabage and pick them cleane, and wash them, and perboile them in faire water: then put them in a Colender, and let the water runne from them, then put them in a faire pot, and as much beefe broth as will couer them, and the Marie of thre Mary bones whole. Then take a Mallard, and with your knife, giue him a launce along vpon each side of the breast. Then take him of, and put him into your Cabage, and his dripping with him, for he must be roasted halfe enough, and his dripping saued, and so let him steeve the space of one hower. Then put in some pepper and a little salt, & serue in your Mallard vpon soppes, and the Cabage about him, and of the vpper most of the broth.

To boile a mallard with Onions.

T Ake a Mallard, rost him halfe enough, and saue the dripping, then put him into a faire pot,

pot and his graue with him, and put into his bellie fire oz seven whole Onions and a spoon full of whole pepper, and as much abroad in your pot, put to it as much Butten broth oz beefe broth as will couer the Gallarde, and halfe a dish of swete butter, two spoonefuls of Vergus, and let them boile the space of an houre. Then put in some salt, and take off the pot, and laie the Gallard vpon soppes, and the Onions about him, and powze the vppermost of the broth vpon them.

To boyle a Ducke.

Seth the Ducke with some good Parrotw bones, oz Butten, and take the best of the broth, and put therein a few Cloues, a good manie sliced Onions, and let them boile well together till the Onions bee tender, and then season your broth with Vergus and a litle bruised pepper: Take vp your Ducke and laie it vpon sops, and glue it two slices vp on the best, and sticke it full of Cloues, and powze the broth vpon it.

To boyle Stockdoves.

Seth them with beefe oz mutton. Take the best of the broth, and put in a pipkin, and put thereunto Onions finely minced and a few Currans and so boile them till they be verie tender, and season the, with vergious

gious and a litle swete butter, and powze them vpon your Stockdoves, when they be laid vpon your sops.

To boyle a Conie with a pudding in his bellie.

Take your Conie and flea him, & leane on the eares, and wash it faire and take grated bread, swete suet minced fine, Corrans, and some fine hearbes, Penitroiall, winter sauerie, Parslie, Spinnage oz Beetes, sweete Marizant, and chop your hearbes fine, and season it with Cloues, Pace and Sugar, and a litle Creame, and salt, and yolkes of Egges, and Dates minced fine. Then mingle al your stuffe together, and put it into your rabbets bellie, and solve it vp with a thred. For the broth, take Butten broth, when it is boyled a litle, and put it in, then put in Gooseberries oz els Grapes, Currans, and swete Butter, Vergus, salte, grated bread, and Sugar a litle, and when it is boyled, lay it in a dish with sops, and so serue it in.

To boyle Chickens or Capons.

First boyle them in faire water till they be tender: then take bread and keepe it in the broth of them, and with the yolkes of foure oz fve Egges, and Vergus oz white Wine, straine it, and there with season your broth

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broth and your Capon in it. Then take Butter, Parslie, and other small hearbs, and chop them into it. And so serue them forth vppon soppes of bread.

To boyle Chickins with a Cawdle.

Take your chickens whē they are fair scaled, and trussed and stuffed with Parsellie in their bellies, and put them in a pottle with faire water and a little salt, and put to them twentie Runes, halfe a handfull of Corrans and Raisins, and let them boyle altogether till your Chickens be tender, then take five yolkes, and a pinte of Vinegar, and straine them together, and put thereto a quarterne of Sugar, or as yee thinke meete, and so let it boyle, but yee must stirre it still, els it wil curd: and when it boyleth, take it from the fire: then take your chickens, and put them in a colender, that the broth may goe cleane away, and so put your chickens and the fruite into the cawdell, and make soppes, and lay on your chickens and the fruite, and poure on the cawdell.

To seeth chickens in Lettice.

Take a necke of Button with a Marrowe bone, and so let it seeth and scumme it cleane, and let it boyle well together, and when it is enough, then take out some of it, and straine it,

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it, and put in your chickens: then take a good many Lettuce, and wash them cleane and put them in. Then take a litle white breade and straine it, and put it into the pot to thicke it withall. Then put a litle whole mace to season it, with Pepper and Vergious, and a litle Sugar, and cut Sops, and lay them on, and put on the marrow, and so serue them.

How to boile chickens with hearbs.

Take your Chickens and scale them, and trusse the wings on, and put their feet vnder the wings of your chickens, and let them on in a litle pot and scumme them faire, when they haue boiled, put in Spinnage or Lettuce a good deale, and Rosemary, sweete Butter, Vergious, salt, and a litle Sugar, and Grayned Bread with a litle wine, and cut sippets and serue it out. So may you boile mutton, or Vigions or Conic.

How to seeth Hennes and Capons in Winter in white broth.

Take a necke of mutton and a marrowe bone, and let them boile with the Hens together, then take Carret rootes and put them into the pottle, and then straine a litle breade to thicke the pot with all and not too thicke: season it with Pepper and Vergious, and then couer them close, and then let them

boile together, then cut sops and put the bzoth and the marrow about, and so serue them.

To boyle Calues feet or Lambs feet,

Take your Calues feet after they be scaled, cut them in the midst, and put them in an earthen pot, & put to them mutton bzoth as much as wil couer them then take a litle Spinnage and Lettice, and a litle stripped Time, and put it in your pot, and a dishe of sweet butter, and a litle salt, and let them boyle till they be verie tender: and when ye be readie to serue them sooth, take the yolkes of three Egges, and almost a pinte of Vergus, and stirre them well together, and take your pot from the fire seething, and put in your Vergus and egges, and stirre it well, and serue them in upon sops.

How to boile a tripe.

Take a Tripe and cut it in pices, of the breadth and length of your finger, and put them in an earthen pot, & put thereto as much Mutton bzoth as will couer them, a litle Lettice, Spinnage, a litle salt and Vergus, so let them stew softly til they be verie tender, & when ye will serue them in, cast on a litle Pepper, and serue them on sops.

To

To boyle tripes, pigs petictots or Neates feet.

Take your Peats fets, tripes, or petitoes, and cut them in small pices, and boile them with butter, Sinamon, Currans, and a litle vinigar, and serue them in upon sops.

How to boyle pigs petitoes another way.

Boyle them in a pint of Bassard, and put thereto four Dates minced, with a few Currans and a litle Time, chop the time small, so let it boile, till it be wel: season your pot with Sinamon, Ginger, salt, and a litle Vergus.

To boyle Chickens after the French fashion.

Quarter the Chickens in foure pices: then take after the rate of a pinte of wine for two Chickens: then take time & partly as small minced as ye can, and foure or five Dates, with the yolkes of foure hard Egges, and let this boile together, and when you will season your pot, put in salt, Sinamon and Ginger, and serue it sooth.

To boile tripes after the French fashion.

Take a Tripe, and a few Onions, mince them small together, and boyle them to

gether, and season your pot with a little Pepper, Minigre and salt, and so serue them.

How to make long worts.

TAke a good quantitie of Colewortes and seeth them in water whole a good while, then take the fattest of powdered beefe broth, and put to the wortes, and let them seeth a good while after: then put them in a platter and lay your poudzed beefe vpon it.

Triped mutton.

TAke a paunche of a Sheepe faire scowzed, cast it in a pot of boyling water, and scum it cleane and take vp the fat. Then take it and cut it in small peeces of the breaeth of two pence, and put it in a potts of stronge broth of Beefe or mutton, take Parslie blades minced and put to it, and let it seeth. Then put in powder of Ginger, a little Vergious, Saffron and salt, and let them boile together till it bee enough, so serue it forth.

How to boyle a Lambs head and purtenance.

Strain your broth into a pipkin, and set it on the fire, and put in butter, and scum it as cleane as you can, and put in your meate, and put in Endiue, and cut it a litle and straine a litle yeast, and put into it, and Currans, and Pzunes, and put in all manner

of

of spices, and so serue it vpon sops.

How to boile Quales.

First put the into a pot with swete broth and set them on the fire: then take a Carret roote, and cut him in peeces, and put into the pot: then take parsely with sweet hearbs, and chop them a litle, and put them into the pot: then take Sinamon, ginger, nutmegs and pepper, and put in a litle vergious, and so season it with salt, serue them vpon sops and garnish them with fruite.

How to smere a Conie.

TAke the Liuers and boyle them, and chop it, and sweet hearbs, apples, and the yolkes of hard Egges, and chop them altogether, and Currans, Sugar, Sinamon, Ginger, and parsley, and fill the Conie ful here of, then put her into the sweet broth, and put in sweet butter, then chop the yolkes of hard Egges, Sinamon, Ginger, sugar, and cast it on the conie when you serue it vp, season it with salte, serue it on sops, and garnish it with fruit.

How to make Hodgepot.

Boyle a necke of Button, or a fat rumpe of Beef, and when it is well boyled, take the best of the broth, and put it into a pipkin, and put a good many Ontens to it, two handfull of Parigold flowers, and a handfull

of Parsley fine picked, and grosse shred, and not too small, and so boyle them in the broth, and thicke it with strained bread, putting ther, in grosse beaten pepper, and a spooneful of Vinigar: and let it boyle somewhat thicke, and so lay it vpon your meat.

How to make Hodgepot in pots.

TAke a good peece of a leg of Mutton, pare away the skinne from the fleshy verie small, and take halfe as much marrowe as you doe fleshy, & then put them both into an earthen pot, and put to it halfe a pint of beefe broth, or halfe a pint of Mutton broth that is not salt, and put thereto a Nutmeg beaten, and a litle pepper, two spoonefuls of currans, and twenty pynes and let them steeve softly vpon a soft fire, and stirre it well together often, or els it will gather together in lumps: and when it hath stued an houre, put into it a spoonful of bergious and serue it vpon sops.

The order to boyle a brawne.

TAke your Brawn, and when you haue cut him out, lay him in sayre water foure and twentie houres, and shift it foure or fye tyms, and scrape and bind by those that you shall thinke good with hempe, and binde one handfull of greene Willowes together, and lay them in the bottome of the pan, and then put

put in your Brawn and scum it verie cleane, and let it boyle but softly, and it must bee so tender that you may put a straw through it, and when it is boyled enough, let it stand and coule in the pan, and when you take it vp, let it lye in Trapes one houre or two, and then make sowling drink with ale and water, and salt, and you must make it verie strong, and so let it lie a weeke before you spend it.

How to make a good white broth.

TAke two marrow bones and a Cock, and boyle them together in faire water and white wine. Then take Parsley, Wyne, Spinnage & Lettice, and bind them in a bundle, and put it in the pot with the water and wine, the Cock & marrow bones. Then take Pynes and currans, & binde them in a cloth, and put them in the pottle, and a quantitie of whole mace, and binde them in like manner by themselves, and put into the pot a peece of Butter, and a good quantitie of Sugar. When the Cocke and the mary bones be sodden and readie to be serued: Then take from them the broth, and straine it verie cleane, and put it into another pot. Then take the said mace, Pynes and currans seorth of the clothes & put them into the pot: the take three

volkes of Eggs, and Rosewater, and put them into the broth, and boyle it a litle while, faye and softlie with a litle salt, and so serue it.

How to make Farts of Portingale.

TAke a peece of a leg of Button, mince it smal and season it with cloues, Pace pepper and salt, and Dates minced with currans: then roll it into round rolles, and so into litle balles, and so boyle them in a litle beefe broth and so serue them sooth.

How to make Fylles of Portingale.

TAke some sweet suet minced small, the yolks of two eggs, with grated bread and currans: temper al these together with a litle saffron, sinamon, ginger, and a litle salt: then seeth them in a litle Bassard or sack a litle while: and whē they haue boyled a litle take it vp, and cast some sugar to it, & so make bals of it as big as tennis balles, & lay foure or fīue in a dish, and powze on some of the broth that they were sodden in, and so serue them.

How to make French portage.

TAke the ribs of Button, chop them small the bones and all, with the flesh in square peeces. Then take Carret roots, and so lack of them, Onions, or both together and if you will, or els hearbes, such as you like: seeth al these together, and when you will serue it in, season

season your pot with a litle Synamon, Pepper and salt, and so serue it sooth.

How to make fine pappe.

TAke Milke and flower strain them, and set it ouer the fire till it boyle. Then take it off and let it coole, then take the yolkes of eggs strain them and put it in the milk, and some salt, and set it in the fyze, and stir it till it bee thicke, and let it not boyle fullie. Then put it in a dish aboade, and serue it sooth for good pottage.

A broth for a weake bodie.

TAke a legge of Hoale, and set it ouer the fyze in a gallon of water, and scum it clean and when you haue so doone, put in thre quarters of a pounde of currans, halfe a pound of prunes & a good handfull of Hozage, as much Langdebeefe, as much of Hints, and as much of Harts tong, let all these seeth togeather till all the strength of the flesh be sodden out: then straine it as cleane as you can. And if ye think the patiēt be in any heat, put in Violet leaues, or Succorie, as ye do with other hearbs.

A good way to powder or barrill beefe.

TAke the beefe and lay it in mere sawce a day & a night. Then take out the beefe and lay it vpon a hirdle, and couer it close with a sheete, and let the hurdle be laid

said vpon a peuzrell or couer to saue the mere
saue that commeth from it : then seeth the
byne, and lay in your Beefe againe, see the
byne be colde so let it lye two dayes and one
night: then take it out, & lay it again on a bur-
del two or thre dayes. Then wype it euerie
peece with linnen cloth, dry them and couch it
with salt, a laying of Beef and another of salt:
and ye must lay a stick crosse each way, so that
the byne may run from the salt.

How to keepe Lard after my Lord
Ferries way.

S Cald your hogge, and euen as you dresse
your Bacon hogge, so dresse this : then
lay it in salt, the space of thre weekes or
a moneth. Then take it vp, and let it
hang ther as in maner is no smoke: but when
ye thinke it wareth moyst, let it be hanged so
lowe that the heate of the fire may come to it:
or els put it in an Ouen when the breade is
drawne out, and when ye thinke it be wel dri-
ed, take it out againe til it waxe moyst again,
and so ye shal keepe it wel enough thre quar-
ters of a yeaere, and neuer take the leane from
the fat but as ye occupie it.

How to keepe Larde after my Lady We-
stone Brownes way.

Flea

Flea the fat Lard from the flesh, and put in
bay salt, ye must cast a good deale vpon it,
and euen so salt it, and roule it together
round, and so put it in a heap of salt, and when
ye will occupie any of it, cut of it as wee need,
and lay it in water, and so ye may keepe it as
long as ye will.

The keeping of Lard after my Lady
Marquesse Dorsets way.

Take a fat hog and salt him, and when he is
thorough cold, quarter him, and take all the
bones and the flesh from the fat: and then take
the fat of the said hog, and couch it in fayre dry
white salt, and so keepe it two or thre dayes:
then change it again into faire drie white salt,
euery thirde or fourth day, and at the fourteen
daies end, take faire cold water and white salt
and make a verie strong byne, so that your
byne be made so strong that it will beare an
egge almost cleane aboue the byne, and put it
in a faire close vessell: then take the said Lard
and lay it in the said byne, so that the byne co-
uer it ouer: so change it into new byne euery
fourteen daies, for the space of sixe weekes, and
after that it needeth not to be changed. But
the byne may not be made of wel water.

To make Blaminger.

Take

TAke a Capon, boyle him in faire water be-
rie tender, then take the bzaune of him &
chop it small, then take Almones, and blanch
them, and beat them small, and then put in
your chopped capon and beate them together
verie small: then a quart of Creame and the
Whites of ten Eggs, & the crum of a fine Pan-
chet, and your stufte, and mingle them altoge-
ther, then strain them, and when it is strained
put in a good quantitie of Sugar, and a little
salt. Then take a faire pot, and put your stufte
in it, and set it to the fire, stirre it, and boyle it
as thicke as an Apple moise, when you haue
boyled it, lay it in a fair platter til it be colde:
then strain it againe with a litle Rose water,
and when you serue it in, cast sugar vpon it, &
dish it in thre partes.

How to make Blaminger without
Creame or Eggs.

TAke a capon and almonds, and beat them
as before is said: Then take faire hot wa-
ter, and put into your capon and Almondes:
then put the crumme of a Panchet in it, and
let it stand and soke, then strain it, and when it
is strayed put in your sugar, and boyle it of
the thicknes of an apple moise: then let it cool
and straine it againe with a litle Rose water
and so serue it.

Of

Stewed meates.

To make stewed broth either for flesh or fish.

TAke halfe a handfull of Rosemarie, and
as much of Time, and binde it on a bun-
dle with threed after it is washt, and put
it in the pot, after that the pot is cleane
scummed, and let it boile a while, then cut
sops of white bread, and put them in a greate
charger, and put on the same scalding broth, &
when it is soken enough, straine it through a
strainer, with a quantitie of wine or good ale,
so that it be not too tart, and when it is strai-
ned, poure it in a pot, and then put in your rai-
sins and Prunes, and so let them boyle till the
meate be enough. If the broth bee too swete
put in the more wine, or else a litle Vinegre.

To make stewed steakes.

TAke a brest of Buttion, cutte it in peeces,
wash it clean: then put it in a faire pot: and
fill your pot with ale or halfe wine and halfe
water, make it sath and scum it cleane. Then
put into your pot a sagot of Time and Rose-
marie, and Parslie, and thre or foure Onions
cut rounde, take a litle Parsley picked very
small, let them boyle altogether. Then take
Prunes, smal Raisons, and great Dates, and
let them boile altogether: then season your
pot

pot with these spices. Take Salt and a litle Saffron, Cloues and Pace, Sinamon, Ginger, & a litle Sugar: take a quantitie of these spices, and put them into your pot, & let them stew altogether, and whē they be tender, put a litle Vergious to them, and let them stew againe, then lay soppes of a Panchet vnder them in a platter, at the first yee must put a good deale of marrow in it.

To stew a capon in white broth.

Take the marrow bones with the capon, and seeth them in faire water, put to it a few maces, and thre races of Ginger minced, and salt: and when the Capon is almost sodden, put in a good quantitie of Lettuce, and let them seeth a while. Then serue in the Capon vpon sops, and the hearbs vpon it.

To stew a Capon in Lemmons.

Take and slice your Lemmons, & put them in a platter, and put to them white wine, Rose water, and Sugar, and so boyle them and sugar till they be tender. Then take the best of the broth wherein your Capon is boyled: and put thereto whole mace, whole Pepper, and red Coxrains, Warberies, a litle Time and good soze of Parrowe. Let them boyle well together, till the broth bee almost boyled away, that you haue no more than will wet

wet your soppes. Then pour your Lemmons vpon your Capon, and season your broth with Vergious and Sugar, and put it also vpon your Capon.

To stew Chickens.

Take the best of your mutton broth, and put thereto a litle whole pepper, and a litle whole Pace, Parsly, and Time, and boyle them. Then put in halfe a dish of swat butter. Vergious, and a pcece of Sugar. Then take a good quantity of Gooseberies, and boile them, by themselves in a litle broth, and poure them vpon your Chickens: put into your broth a spoonfull of yest.

To stew birdes.

Take small birds faire picked, & drawne, the legs cut off, frye them in butter or suet wel. Then lay them in a faire cloth and let the Butter soak all away: then take Onions minced small, cast them in a pot, and take a portion of Sauell, & of wine, draw them through a strainer, and cast it into the pot, with the Onions and birds fryed, with Cloues, Pace, and a litle Pepper, let all these boyle together till it be enough, and put to it sugar, powder of Ginger, salt and Saffron, and so serue it sooth.

To stew Larks or Sparrowes.

Take

Take of your mutton broth the best, and put it in a pipkin, and put to it a little whole Mace, whole pepper, Claret wine, marjgolde leaues, Barberies, Rosewater, bergious, sugar, and Barrow, or else sweet butter: perboill the Larkes besoze, and then boyle them in the same broth, and lay them vpon sops.

An other way to stew Larkes.

You must take them & draw them cleane and cut of their feet, & then take a good deal of wine in a platter, and take a good deale of marrow, and put it in the wine, and set them on a Chafingdish, and let them stew there a good while: then take a quantity of small Raisins and wash them cleane, and put them into the broth, and take a little Sugar and Symonon, and a few crums of Manchet bread and put them into the Larkes, and let them stew altogether. Then take and cut half a dozen tostes, and lay them in a platter, then put them into a dish with broth and serue them out.

How to stew a mallard.

Take your mallard and sceth him in fayre water with a good marrowe bone, and in Cabbage wort, or Cabbage Lettice, or both, and some parsnep roots, and Carret roots, and when all these bee well sodden, put in prunes,

put

put in prunes enough, and three dates, and season him with salt, cloves, and Mace, and a little sugar, and pepper, and then serue it out with sippets, and put the Mace vpon them, and the whole Mace lay on the sippets, and the dates quartered, and the prunes, and the roots cut in round slices, and lay them vpon the sippets also, and the Cabbage leaues lay vpon the mallard.

To stew a Cocke.

You must cut him in six peeces, and wash him cleane, and take prunes, currans and dates cut very small, and raisons of the sun, and sugar beaten verie small, Cinamon, Ginger, and nutmegs like wise beaten, and a little mathens haire cut verie small, and you must put him in a pipkin, and put in almost a pint of Roshadel, and then put your spice and sugar vpon your Cocke, and put in your fruit between euery quarter, and a peece of golde be stown euery peece of your Cocke, then you must make a lid of wood fit for your pipkin, and close it as close as you can with paste, that no ayre come out, nor water can come in, and then you must fill two brasse pots full of water, and set on the fire, and make fast the pipkin in one of the brasse pots, so that the pipkins feet touche not the brasse pots bottom, nor the pot sides and so let them boile four and twenty houres, and fill

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Take of your mutton broth the best, and put it in a pipkin, and put to it a litle whole Spice, whole pepper, Claret wine, marigolde leaues, Barberies, Rosewater, bergious, sugar, and Marrow, or else sweet butter: perboill the Larkes before, and then boyle them in the same broth, and lay them vpon sops.

An other way to stew Larkes.

Y Du must take them & draw them cleane and cut of their feet, & then take a good deale of wine in a platter, and take a good deale of marrow, and put it in the wine, and set them on a Chafingdish, and let them stew there a good while: then take a quantity of small Raisins and wash them cleane, and put them into the broth, and take a litle Sugar and Synamon, and a few cruins of Marchet bread and put them into the Larkes, and let them stew altogether. Then take and cut half a dozen tostes, and lay them in a platter, then put them into a dish with broth and serue them out.

How to stew a mallard.

Take your mallard and sceth him in sayze water with a good marrowe bone, and in Cabbage wort, or Cabbage Lettice, or both, and some parsnep roots, and Carret roots, and when all these be well sodden, put in pynes,

put in pynes enough, and three dates, and season him with salt, cloues, and Spice, and a litle sugar, and pepper, and then serue it out with sippets, and put the Spice vpon them, and the whole Spice lay on the sippets, and the dates quartered, and the pynes, and the roots cut in round slices, and lay them vpon the sippets also, and the Cabbage leaues lay vpon the mallard.

To stew a Cocke.

Y Du must cut him in six peeces, and wash him cleane, and take pynes, currans and dates cut very small, and raisons of the sun, and sugar beaten verie small, Cinamon, Ginger, and nutmegs likewise beaten, and a litle maidens haire cut verie small, and you must put him in a pipkin, and put in almost a pint of Muscadell, and then put your spice and sugar vpon your Cocke, and put in your fruit between euery quarter, and a pece of golde beaten euery pece of your Cocke, the you must make a lid of wood fit for your pipkin, and close it as close as you can with paste, that no ayre come out, nor water can come in, and then you must fill two brasse pots full of water, and set on the fire, and make fast the pipkin in one of the brasse pots, so that the pipkins feet touche not the brasse pots bottom, nor the pot sides and so let them boile four and twenty houres, and fill

up the pot still as it boiles away, with the
ther pot that stands by, and when it is boyled
take out your gold, and let him synke it fast
and it shall help him: this is approued.

How to stew a Neares foote.

First let your Neares foote be scalded and
made cleane. Then take Onions, slice
them and boile them well in faire water.

Then take half water and halfe wine,
much as neede to serue for the boyling off
Neares foot, which wil be soone enough
in a pipkin. Put therein some cloues, and
little whole pepper, and take the onions out
the water they were sodden in, & put them in
the same pipkin, & the Neares foot with them
it be almost enough. Then take a little Berg
bush, half a dish off sweet butter, and a little
gar, and let them boyle a little together, & ser
them in upon a po.

How to make stewed pottage in Lard.

Take a faire pot, and fill it full of water,
take a saucer full of Oyle Olive, and put
it into the pot. Let your pot on the fire
and let it boyle. Then take parley, ribbes, and
fennel roots, and cleape them cleane, then
them off the brynnise of a Dune, and put them
into the pot. Take bread, and cut it in
and call it into a pot of wine, then boile it,

put it in the pot. Then take rosemary, Time,
and parley, and binde them together, and put
them into the pot: then take Dates, Dunes,
Corrans and great Raisons, and wash them
cleane, and put them in the pot. Then season
your pot with salt, Cloues, Mace, and a little
sugar. If it be not red enough, take Saunders
and colour your pot therewith, looke that your
broth be thicke enough.

How to stew beefe.

Take beefe and smyte it in peeces, and washe
it in faire water, and strain that water and
put it in the pottle with the Beefe, and boyle
them together. Then take Pepper, Cloues,
Mace, Onions, parley and sage, cast it therto
and let it boile together: Then make liquor
with bread and thicke it: and so let it seethe a
good while after that the thicking is in. Then
put in Saffron, salt, and vinegar, and so serue
it forth. Another way to stew Beefe.

Boil your flank of beef verie tender, til the
broth be almost consumed, then put the
broth into a pipkin, & put to it Onions, ca
ret roots, Bergesmal, being tender sodden before
and pepper grose beaten, bergious, and halfe a
dish off sweet butter, and so lay it upon.

How to make brine to keepe Lard.

Take faire salt water and white salte, and all

to stirre them with a staffe a good while: then lay the lard in it one night and one day to soake out the blood of the Lard. When make new byrne in like maner, and beat it, vntil the time that the salt is consumed, and then it will be clear: that done, put the byrne in a pety tub that hath a couer wel fastened, the lay in your Lard, and keepe it vnder byrne with splints, the couer the tub close: and thus ye may keepe the Lard white and sweet two or thre yeres, with change of Byrne when need shal require.

To make Maunger Blaunch.

Take half a pound of Rice veris clean picked and washed, the beat it very fine, and searse it through a fine searse, & put the finest of it in a quart of moynings milke, & strain it through a strainer, and put it in a faire pot, and set it on the fire, but it must be but a soft fire, & still stir it with a broad stick. And whē it is a litle thick take it from the fire, and take the byawne of a berie tender Capon, and pul it in as smal peeces as ye can, and the Capon must be sodden in faire water, & the byawne of it must be pulled as small as a horse haire with your fingers, & put it into the milke which is but halfe thickened, and then put in as much sugar, as yethink wil make it sweet, and put in a dozen spoonfulls of good Rosewater, and set it to the fire againe
and

and stir it well, & in the stirring, all to beate it with your stick, from the one side of the pan to the other, and when it is as thick as pap, take it from the fire, and put it in a fair platter, and whē it is cold, lay thre slices in a dish, and cast a litle sugar on it, and so serue it in.

How to slowce a Pigge.

You must take white wine, & a litle sweet byoth, and halfe a scoze of nutmegs cut in quarters: then take sweete Margeram, rosemary, baies, and Time, and let them boile all together, scum them very cleane: & when they be boiled, put them in an earthen pan, and the stirrop also, and when ye serue them, a quarter in a dish, and the baies & nutmegs on the top.

Baked meates.

To make palle, and to raise coffins.

Take fine flower, and lay it on a boord, & take a certaine of yolkes of Egges as your quantitie of flower is, then take a certaine of Butter and water, and boile the together, but you must take heed ye put not too many yolks of Egges, for if you doe it will make it dry and not pleasant in eating: and ye must take heed ye put not in too much Butter, for if you doe, it wil make it so fine and so short that you cannot raise: and this palle is good to raise

raife all maner of Coffins: like wise if ye bake Venison, bake it in the paste aboue named.

To make fine paste another way.

Take butter and ale, and seeth them together: then take your flower, and put therein three eggs, sugar, saffron, and salt.

To make short paste in Lent.

Take thick almonde milke seething hot, & so wet your flower with it: & salt it wyle fried, & saffron, and so muggle your paste together, and that will make good paste.

How to bake Venison, or mutton, instead of Venison:

Take leane venison or mutton, and take out all the sinewes, then chop your flesh verie smal, and season it with a litle pepper and salt and beaten cloues, and a good handfull of Fenel seeds, and mingle them altogether: When take your Lard, and cut it of the bignesse of a goose quill, and the length of your finger, and put it in a dish of vineger, & al so wash it therein: then take meale as it dooth come from the mil, and make paste with colde water, and see that it be very stiff: then take a sheet, and make a laying of the minced flesh vpon the sheet, of the breadth that your Lard is of length, then make a laying of your Lard vpon your flesh, and let your lard be one from another, the breadth of

of one of the peeces of the Lard, and so make foure layings of lard, and three layings of flesh one vpon another, so presse it downe with your hands as hard as you can for breaking & paste, and cast in a handfull of pepper and salt, & ten cloues, so close vp your paste, & let it bake two houres.

How to make sweet pies of Veale.

Take veale and perboile it very tender, then chop it small, then take twice as much bese suet, and chop it small, then mince both them together, then put currans and minced Dates to them, then season your flesh after this manner. Take Pepper, salt, and Saffron, Cloues, Spice, Cinamon, Ginger, and Sugar, and season your flesh with each of these a quantitie, and mingle them altogether. This poone take fine flower, butter, eggs, and Saffron, & make your paste withall as fine as you can, & make your pie with it, and when it is made, fill it with your stufte. Then put vpon your pye, Prunes, Corans, Dates, a litle sugar, and yolkes of eggs hard. When couer your pie and set it on a paper, and set it in the Ouen, and let it bake sokingly, if it be scorcht aboue lay a paper double on it.

How to make Chewets of Veale.

Take a leg of beale and perboyl it, the mince it with beefe suet, take almost as much of your suet as of your beale, and take a good quantitie of Ginger, & a little saffron to colour it: take halfe a goblet of white wine, and two or thre good handfull of grapes, and put them all together with salt, and so put them in Coffins, and let them boyle a quarter of an houre.

How to make chewets another way.

Take a litle Weale and slice it, and perboyle it, then take it by & presse it in a faire cloth, and mince it very fine, take Cozans and dates and cut them very small, take some marie o: suet, and the yolkes of thre or foure Egges, and pepper, salt, and mace fine beaten, and the crums of bread fine grated: the mingle all these together, and put in suet enough, and they will be good pies.

How to make Chewets in Lent.

Take a fresh Cele and flea it, and cut of the fish from the bone, mince it smal. and pare two or thre warbens and mince the likewise small, as much of them as of the Cele o: Oysters, and temper them together, and season it with Ginger, Pepper, cloues, Mace and salte, and a litle colour it with Saunders, and put currans and prunes, and minced great raisins and Dates, as you do to the other pies of flesh, when

when it is halfe baked put them out, and put to it a litle bergious: and if your Gelly be not fat put to it a litle Sallet Oyle fried with some sweet flowers o: hearbes, if yee put a lyttle Rosewater and salt it is good, but if you haue any fat of fish it is better then oyle.

How to make Oyster chewets.

Take a peck of oysters, & wash the clean. Then shel them, and wash them in a corder fair and clean, then seeth them in faire water, a litle, and when they bee sodden, straine the water from them, & cut them small as pie meat, season them with a litle pepper, a peniworth of cloues and mace, a peniworth of Cinamon and ginger, a peniworth of Sugar, a litle saffron and salt: then take a handfull of Cozans, five dates minced small, and mingle them altogether: then make your paste with a quantitie of fine flower, ten yolks of Egges, a quantitie of butter, with a litle Saffron and boyled water, then raise by your chewets, and put in the bottom of your chewets a litle butter and cast upon them Prunes, Dates, and currans, so close them and bake them: let not your Ouen be too hot, so they would haue but litle baking, then draine them, and put in euery of them two spoonfulls of bergious and butter, and so serue them in. &c.

A new booke

How to make speciall good pies either
of mutton or Veale.

Let your meat be perboyled, and mince it
very fine, and then your stet by it self, and
after put to the meate, and mince them well
together, then put thereto five or six yolks of
eggs being hard sodden and minced, smal Coz-
rains, Dates fine minced: season it with Sina-
mon, Ginger, Cloves and Mace, a handfull of
carawayes, sugar, and bergious, and some salt
and a litle pepper, and so put it into your paste,
whether they be the wets or Crunk pies.

To make paste, and to bake
chickens.

Take water, and put in a good peece of but-
ter, and let it seeth as hot as you can blowe
off your Butter into your flower, and bzeake
the yolks of Egges, and one white, and put in
a good peece of Sugar, and colour your paste
with Saffron, then shal it be shoyt. Then take
your chickens, and season them with Pepper,
salt, Saffron, and great Raisons, cloves, mace
Cojans, Prunes, and Dates, then close them
up, & make a litle hole in the midst of the lid.
Then set it in the Duen, and to make sirrop
for the same pie, take Palmsey, Cream, and
two yolkes of Egges, and beate them togea-
ther,

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ther, and put in Syonion and Sugar, and
when the pie is almost baked, then put in the
sirrop, and let them bake together.

To bake chickins in Summer.

Cut off their feete, trusse them in the cof-
fins. Then take for euerie Chicken a good
handfull of Gooseberries, and put into the pie
with the Chickens. Then take a good quan-
tity of butter, and put about euerie chicken in
the pie. Then take a good quantitie of Sina-
mon, and ginger, and put it in the pie with salt
and let them bake an houre, when they be ba-
ked, take for euerie pie the yolke of an eg, and
halfe a goblet full of bergious and a good qua-
ntie of sugar, and put them altogether into the
pie to the chickens, and so serue them.

To bake chickens in winter.

Cut off their feete, and trusse them, and put
them in the pies, take to euerie pie a cer-
taine of Cojrains or Prunes, and put them in
the pie with the Chickens. Then take a good
quantity of Butter to euerie chicken, and put
in the pie: then take a good quantity of ginger,
and salt and season them together, & put them
in the pie, let it bake the space of an houre & a
half, when they be baken, take sauce as is afore
said, and so serue them in.

To bake Chickens with Damsons.

Take

Take your Chickens, draw them and wash them, then breake their bones and lay the in a platter, then take foure handfulls of fine flower, and lay it on a faire board, put thereto twelue yolks of Eggs, a dish of butter, and a little saffron: mingle them altogether, and make your paste therewith. Then make fire coffins, and put in euery coffin a lump of butter of the bignesse of a walnut: then season your fire coffins with one spooneful of cloves & Spice, two spoonefulls of Cinamon, and one of Sugar, and a spoonefull of salt. Then put your Chickens into your pies: then take Damsons and pare away the outward peel of them, and put twēty in euery of your pies, round about your chickens, the put into euery of your coffins, a handfull of Currans. Then close them vp, and put them into the Oven, and let them bee there three quarters of an houre.

How to bake a Turkie.

Take and cleane your Turkie on the backe, and braise all the bones: then season it with salt, and pepper grosse beaten, and put into it good store of butter: he must haue fire howers baking.

How to bake a Fesant.

Truste him like a hen, and perboill him, then set him with cloves, then take a little bergamot

and saffron, and colour it with a feather, then take salt, Spice and Ginger to season it, and so put it in the paste, and bake it till it be half enough. Then put in a little bergamot and the yolke of an eg beaten together: then bake it till it be enough.

To bake a Capon instead of a Fesant.

Cut off his legs and his wings, & after the manner of a Fesant trusse him short, then perboille him a litle, and Lard him with sweet lard: so put him into the coffin, and take a litle pepper and salt and cast about him. And take a good halfe dish of butter & put into the coffin, so let him bake the space of foure houres and serue it forth cold in stead of a Fesant. So likewise bake a Fesant.

How to bake Red Deare.

You must take a handfull of feniel, a handfull of winter sauozie, a handfull of Rosemarie, a handfull of Thyme, and a handfull of Bate leaues, and when your liquor seeths that you perboille your venison in, put in your herbs also, and perboille your venison til it be half enough, the take it out, & lay it vpon a faire board that the water may run fro it, then take a knife and prick it full of holes, and while it is warm, haue a faire tray with vineger therein, and so put your venison therein from morning

ning until night, and euer now and then turne it vpright, & then at night haue yee it colde in readie, and this done, season it with Sitamon, Nutmeggs and Ginger, Pepper and salt, and when you haue seasoned it, put it into your coffin, and put a good quantity of swete Butter into it, & then put it into the Duen at night when you go to bed, and in the morning draw it forth, and put in a saucer full of Vinegar in to your pie at a hole aboue in the top of it, so that the vinegar may run into euerie place of it, and then stop the hole againe, and turne the bottome vprward, and so serue it in.

How to bake Venison.

Perboile your Venison, then season it with Pepper and salt, some what grosse beaten, and a litle Ginger, and good stoze of swete butter. And when the Venison is tender baked; put to it halfe a dozen spoonfulls of Claret wine, and shake it well together.

How to bake a Crane or a bustard.

Perboile him a litle, then Lard him with sweet lard, and put him in the coffin. Take Pepper and salt, a good quantity, and season them together and cast vpon it. Then take Butter, and put in the coffin, let it balle three houres.

How to bake a Mallard.

First trusse them, and perboile them, and put them into the coffin: then season them with pepper and salt, and four oz. five Onions peeled and sliced, and put the altogether, with a good peece of sweet butter vnto the Mallard and so let them bake two houres, & when they be baked, put in halfe a goblet of Hergior: for euerie Mallard, and so serue them.

How to bake a wilde boare.

Take three partes of water, & the fourth part of white wine, and put thereto salt as much as shal season it, & let it boile so til it be almost enough: the take it out of the broth, and let it lie til it be thorough colde: Then Lard it, and lay it in course paste, in pasties, and then season it with pepper, salt, and ginger, & put in twice so much ginger as pepper. And when it is half baked, fill your pasties with white wine, and all to shake the paste, & so put it into the Duen again, til it be enough: Then let it stand five oz six daies, or euer that you eat of them, and that time it will be very good meate.

How to bake wilde Duckes.

Drawe the faire, & perboile the, then season them with pepper & salt, a few whole cloves amongst them, and Onions smal minced, and swete butter, Hergions, and a litle Sugar.

A new booke

To bake calves feete.

TAke Calves feet and seeth them tender, pull off the haire, then slit them, and make your paste fine, & when you haue made your coffin, before you put in your feet, take good Raisons and mince them smal, and plucke out the kernels, and strewe them in the bottome of your pie: then season your feete with Pepper, salt, cloues and mace, the lay in the feet, and strewe currans on them, and Sugar and a good peece of butter in it, and close it vp, and make a little hole in the lid, and when it is almost baked enough, put in a peece of Mergious, and so serue them.

To bake Calves feete after the French fashion.

TAke the feet, pull off al the haire, and make them cleane, and boile them a litle til they be somewhat tender, then make your paste, and season your calves feet with pepper, salt and Sinamon, and put them in your paste, with a quantity of Sweet Butter, Parslie and Onions among them, so close it vp, and set it into the Ouen till they be halfe baked. Then take them forth, and open the crowne, and put in moze butter & some Vineger, so let them stand in the Ouen til they be thoroughly baked.

For to bake a Pigge.

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Flea your Pigge, and take our all that is within his bellie cleane, & wash him well, and after perboile him, the season it with Pepper, Salt, Putmegs, Mace and cloues, and so lay him with good stoeze of butter in the paste: Then set it in the Ouen till it be baked enough.

To bake a Pig like a Fawne.

TAke him when he is in the haire, and flea him the season it with pepper & salt, cloues and Mace: then take claret wine, Mergious, Rosewater, sugar, Sinamon, and ginger, and boyle them altogether: then lay your Pigge flat like a Fawne or a Kid, and put your Sirrop vnto it, with a litle Sweet Butter, and so bake it leysurely.

How to bake a Neares tong.

See the tong halfe enough, and blanch it and cut it in two, then scorche it, and season it with pepper and salt, and put it in a coffin and a good quantity of Harrow with it, and when it is almost baken, put in some red wine and sugar.

How to bake an Hare.

TAke your hare and perboil him, and mince him, and then beat him in a mortar very fine liuer and al, if you will, and season it with all kind of spices and salt, and doe him together with

A new booke

with the yolkes of seauen or eight egges, and whe ye haue made him by together, do a w lard berie thik through him, and mingle them all together. and put him in a pie, and put in butter befoze ye close him by.

For to bake a Gammon of Bacon.

Boile your gammon of Bacon, and stufte it with parsley and sage, and yolkes of hard eggs and when it is boiled, stufte it and let it boyle againe, season it with Pepper, Cloues and mace, sticke whole Cloues fast in it: Then lay it so in your paste with salt butter, and so bake it.

To make a rare conceite, with
Veale baked.

Take veale and smite it in litle pices, and seeth it in faire water, then take parsley, Sage, Fop and Sauoie, and thred them small, and put them in the pot when it boileth. Take powder of Pepper, canel, mace, saffron and salt, and let all these boyle together till it be enough. Then take by the fleshe from the broth, and let the broth coole, when it is colde, take the yolks of egges with the whites, and straine them, and put them into the broth, so manie til the broth be thicke enough, then make faire coffins, and reuch thre pices or foure in one coffin of the Veale: and take Dates min-

Of Cookery.

sed and pzaues, powder of pepper, Ginger and bergious, and put it to the broth. Then put the liquoz in the coffins, like as ye do with a custard, and bake it till it be enough, and so serue it forth.

To make a florentine.

Take Aleale, and some of the Kidney of the loyne, or cold Aleale roasted, cold capon or seasant, which of them you will, and minse it berie smal, with sweet Suet, put vn- to it two or thre yolks of Egges, being hard soode, Corans and Dates smal thred. Season it with a litle Sinamon and ginger, a very litle Cloues and Pace, with a litle salt and sugar, and a litle Time finely thred. Make your paste fine with butter and yolks of eggs, and sugar, rolle it very thin, and so lay it in a platter with butter vnderneath, and so cut your couer and lay it vpon it.

To make a pie to keep long.

You must first perboile your flesh & presse it, & when it is pressed, season it with pepper and salt whilst it is hot, then lard it, make your paste of rie flower, it must be very thik, or else it wil not holde, when it is seasoned & larded, lay it in your pie, then cast on it befoze you close it, a good deale of cloues and Pace beaten small, and lay vpon that a good

deale of Butter, and so close it vp: but you must leaue a hole in the top of the lid, & when it hath stood two houres in the Ouen, you must fill it as full of vinegar as you can, and then stop the hole as close as you can with paste, and then set it into the Ouen again: your Ouen must be verie hot at the first, and then your pies will keep a great while: the longer you keep them the better wil they be: and when ye haue taken them out of the ouen, and that they be almost cold, you must shake them betwene your hands, and set them with the bottom vpward, and when you set them into the Ouen, be well ware that one pie touch not another by more than ones hand bredth: Remember also to let them stand in the Ouen after the Vinegar be in, two houres and more.

To bake small meats.

Take Egges and seeth them hard, then take the yolkes out of them and beate them in a Morter, and temper them with Creame, and then strain them, & put to them pepper, saffron, cloues, mace, smal raisons, almonds blanchet & smal shred, & grated bread: take Beares also sodden in ale, & bray & strain the with the same liquoz, and wth therto bastard and honey, & put it in a pan and stirre it on the fire till it be well sodden. Then make litle coffins and set them

in the Ouen until they bee hard, and then you must take them out again, and put the foresaid liquoz into them, and so serue them forth.

How to make a pie in Lent.

Take Celles and flea them, and cut them from the bone, take Wardens and Figs, & mince them together, and put to them Cloues and mace, pepper, salt, and Saffron, and season all these together, and mingle it with great and small Raisons, Prunes and Dates, cut it in small peeces, and so put it into the coffin, and let it bake halfe an houre.

How to make a Custard in Lent.

Take halfe a pound of almonds, blanch them and beate them in a morter. Then take a quart of fair water, warm it luke warme, and strayne your liquour with the almonds. Then take a peece of the spaw of a Pike, of a Carp or a Roch, and beat it in a morter, then straine it into your almonds: so lacke of spawne yee may take two spoonfulls of the flower of Rice, and put it into your almonds. Then take Sugar, cloues, Dates, Saffron and salt, and season your liquoz therewith, euē as ye would season a custard of creame, then take three handfull of fine flower, and almost a pint of fair water boyling hot, and a litle Saffron, and make your paste therewith. Then make your custard

and when it is made, put small Raisons and Dates in the bottome of your Custarde, as you do unto a custard of cream.

To bake Oysters shels and all.

Take the best Oysters faire shaled, and the fairest & smoothest shels, wash a good manie, and to make them smooth, rub one shel against another, and when they are very clean make your pie: and then let your graue run through a strainer of your Oysters and wash your oysters very clean, and season them with Pepper and salt. Then take out of the verpest shelles, and put into them three Oysters and three cloves, and a litle peece of butter, and lay a flat shell vpon that, and thus set your pie with the shels and the Oysters in them till they be full, and in boyde places put in a peece of Butter: then close your pie, and set it into the Ouen and when it hath stood there half an hour draw your pie, and then put in a sawter full of your graue. Then put the pie into the Ouen againe, and so let it stand one other halfe hower, and then serue it forth.

To bake Peares, quinces, and wardenis.

You must take and pare them, and then coare them: then make your paste with faire water and Butter, and the yolke of an Egge, and sette your Dzenge in

to

to the paste, and then bake it well: Then fill your paste almost full with Sinamon, Ginger and Sugar: also apples must be taken after the same sort, sauing that whereas the coze should be cut out they must be filled with butter euerie one: the hardest apples are best, and likewise are Peares and wardenis, and none of them all but the Wardenis may be perboiled, and the ouen must be of a temperate heat, two houres to stand is enough.

To bake quince pies.

Pare them and take out all the Coze: then perboyle them in water till they be tender: Then take them sooth: and let the water runne from them till they be drie. Then put into euerie Quince, Sugar, Sinamon and ginger, and fill euerie pie there with, and the you may let them bake the space of an houre, and so serue them.

To bake oranges.

First take twelue Dzenge, and pare away the yelloiw rinde of them, cut them in two peeces, and wyng out the iuyce of them, then lay your pilles in faire water, and when it is boyling hot, put your Dzenge therein, let them seeth therein untill the water be bitter. Then haue another potte of water readie vpon the fyre, and when it dooth seethe, put your D-

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reng

renges pills therein, and let them seeth again in the same water until they be very tender: then take your Dzenge's out of the pot, & put them in a bason of sayze cold water, and with your thombe take out the coze of your Dzenge's and wash them cleane in the same water, and lay them in a faire platter, so that the water may run from them: then take a quart of Bassard, claret wine, or white wine, if you take a quart of Bassard, put thereto a quarterne of sugar: if you take claret or white wine, ye must take to euerie pint a quarterne of Sugar, and set it to the fire in a faire pot: then put your Dzenge's therein, and seeth them till the liquoz come to a sirrop: when it is come to a sirrop, take a fair earthen pot, and put your Dzenge's and your sirrop altogether, so that your Dzenge's may be couered with your sirrop, if you lacke sirrop, you must take a pinte of Claret wine, and a quarterne of Sugar, and make thereof a sirrop, and put it into your Dzenge's, and stoppe your pot close, after this maner you may keep them two moneths, and when you will bake them, take an ounce of Synamon, and half an ounce of ginger, and beat them smal, then take two pound of sugar, and beat it in like maner. Then put your sugar, Sinamon and Ginger in a faire platter, and mingle them together.

Then

Then take foure handfull of fine flower, & lay it vpon a faire board, and make an hole in the midst of the flower with your hand: then take a pinte of fair water, & eight spoonfulls of Oyl, and a little saffron, and let them seeth altogether, and when it seeths put it in the hole in the midst of the flower, and knead your paste therewith: then make little round coffins of the bignesse of an orange, and when they be made, put a little sugar in the bottom of them: then take your Dzenge pillles and fill them full of sugar and spices afore rehearsed, and put them into your coffins, and fill the coffins full of the same sugar and spices: when the spices be in them, close them vp, and set them vpon papers, and bake them in an oven or baking pan, but your Oven may not be too hot, if your coffins be dry after the baking, you may make a litle hole with the point of a knife vpon the couer of the and with a spoone put a litle of the sirrop to them, at another season you must make your paste with foure handfulls of fine flower, and twelue yolks of eggs, and a little saffron, make your paste therewith.

An other good way to bake Orenge's.

Pare the vtter rinde as thin as you can: the take the Dzenge's, and cut out a litle hole in the top, & with a narrow pointed knife picke

picke out as nigh as ye can al the pames: then seeth them in faire water boyling a soft pace: and whē the water is bitter haue more water readye, and change the first water, and so let them seeth in the second water a good while soft ly boyling, let them not be very tender, for after that boyling ye must put them in an other liquoꝝ that must be water and hony very sweet sodden together & scummed: then put into that a good quantity of Saffron, and so put in your oranges, and let them seeth well in that water, til they be verie tender, if ye will bake them, put Claret wine and sugar together, and let it boyle wel. Then fil your Oranges of drie Sugar and Ginger, and turne the hole of your Oranges upward: then put the Claret wine in, till your coffin be almost full: and see that there be Sugar enough in the coffin and close it by, and a litle before ye wil serue it in, put in more of the Claret wine and Sugar that was firste sodden, at the hole aboue in the coffin. Thus ye may keepe your Oranges in that same liquoꝝ that ye did seeth them in first, a moneth or more and if ye think that the liquoꝝ changeth: seeth it againe and it wil amend, and if you think that the Oranges doo not looke yelow enough, put Saffron in the liquoꝝ, and with a feather colour your Oranges.

To

To bake Peaches.

TAke Peaches, pare them, and cut them in two pæces, & take out the stones as cleane as you can for breaching of the Peach: then make your pie thre square to bake sowze in a pie, let your paste be verie fine, then make your dredge with fine Sugar, Synamon and Ginger: and first lay a litle dredge in the bottome of your pies: Then put in Peaches, and fill by your coffins with your Dredge, and put into euery coffin thre spoonfuls of Rose water. Let not your Duen be too hot. &c.

To bake pippins.

TAke your pippins and pare them, and make your coffin of fine paste, and cast a litle sugar in the bottome of the pie. Then put in your Pippins, and set them as close as ye can: then take sugar, sinamon, and Ginger, and make them in a dredge, and fill the Pie therewith: so close it, and let it bake two houres but the Duen must not be too hot.

To make a good Castlard.

TAke a platter full of Creame, if it bee a quart, then take fire yolks of Egges, to a pint thre Egges, and when you set your Creame, ouer the fire, cut your butter in smal peeces and but it into your creame, & it be litle more then the quantitie of a Walnut it is enough.

enough, and season it with salt, Sugar, cloues, mace, and saffron, and so couer it, and let it be set vpon a chafingdish or pot of seething water, and when it is well hardned, cast on it minced Dates and small Raisons, and so let it boyle till ye thinke it be wel hardned: and then serue them forth, &c.

How to make a Custard in Lent.

TAke the milt of any maner of fresh fish, and a litle of the milt of a white Hering, and a quantitie of blanched almonds, and cruins of bread, and mingle al these together: and a litle Water and Sugar, and a quantitie of Rose water, and mingle that together: season it as ye would do another custard with al maner of spices. Then mingle therewith Raisons corrans, and Dates, cut in peeces, and so bake it in a platter or paste, whether ye will, the space of halfe an houre, and so serue it in.

Another way to make a Custard in Lent.

TAke blanched almonds and bray them smal put crummes of white bread in the braying of the almonds. Then let a Pike be sodden, or fat Gels, that ye may haue the best of the broth and put that in the bottom of your platter, put in also minced dates and corrans. Then strain your almonds with the water sodden with sugar. Then season it with sugar, saffron, cloues
and

and Spice: then put in all the stufte in the platter, and so boyle it vpon a chafingdish a good while: see the platter be not couered, for if it be the Custard will neuer ware harde: when ye serue it forth, cast Sugar on it. & if your dates and corrans be sodden in the fish broth afoze ye put them in the platter, they wil be the better, put to a litle salt in the making, &c.

To make a tarte of apples and Orenge pilles.

TAke your ozenges, and lay them in water a day and a night, then seeth them in faire water and hony, and let them seeth till they be soft: then let them soak in the sirrop a day and a night: then take them forth and cut them small, and then make your tart and season your Apples with Sugar, Synamon and Ginger, and put in a peece of butter, and lay a course of Apples, and betwene the same course of apples, a course of Ozenges, and so course by course, and season your Ozenges as you seasoned your Apples, with somewhat more sugar, then lay on the lid and put it in the ouen, and when it is almost baked, take Rosewater and Sugar, and boyle them together till it be somewhat thick, then take out the Tart, and take a feather and spread the rosewater and Sugar on the lid, and set it into the
Ouen

uen againe, and let the sugar harden on the
lid, and let it not burne.

How to make a tart of Apples.

PAre your apples and cut away the coze, &
cut the remnant in smal peeces, & seeth it
in rosewater or wine til they be soft, & ye
must stirre it al the while it seeths, then draw
it thzough a strainer, and season it with sugar
sinamon & ginger, & spread it in your paste: & if
you wil, ye may serue it in a dish without past
& cut a date or two & lay it on, so; a change ye
may collour it with Saunders if you wil.

To make a good tart of Cheries.

TAke your cheries and pick out the stones
of them: then take raw yolks of eggs, and
put them into your cheries, then take su-
gar, Sinamon and Ginger, and Cloues, and
put to your Cheries & make your Tart with
all the Egges, your tart must be of an inche
high, when it is made put in your cheries wi-
thout any liquoz, and cast Sugar, Sinamon,
and ginger, vpon it, and close it vp, lay it on a
paper, & put it in the Duen, when it is half ba-
ken draw it out, and put the liquoz that you let
of your cheries into the Tart: then take mol-
ten butter, and with a feather anoint your lid
therwith. Then take fine beaten Sugar and
cast vpon it: then put your Tarte into the D-
uen

uen again, and let it bake a good while, whē it
is baken draw it forth, & cast Sugar & Rose-
water vpon it, and serue it in.

To make a tart of Cheries, when the stones
be out, another way.

SSeeth them in white wine or in Claret, and
Strain them thick: when they be sodden: the
take two yolks of egges & thicken it with,
all: then season it with Sinamon, Ginger, and
Sugar, and bake it, and so serue it.

To make a tart of Damsons.

SSeeth the Damsons in Wine, and straine
them with a litle Creame: then boile your
stuffs ouer the fire til it be thick, put there
to sugar, Sinamon, and Ginger, so spread
them on your paste, but set it not in the Duen
after, but let the paste be baked before.

How to make a tart of Egges.

TAke twentie yolks of Eggs, and half a pound
of butter, and straine them altogether into a
plater: then put two good handfuls of sugar in
it, five spoonfuls of Rosewater, and stirre them
altogether. Then make your paste with twoo
handfuls of fine flower, and five yolks of Eggs,
and a quarter of a dish of Butter: then make
your Tart, and put your stuffe therein and lay
your Tart vpon a sheet of Paper, and so
put it into the Duen, and when that it is baked
enough

enough, then draw it out of the Duen, and cast a litle sugar on it, and so serue it forth.

To make a good tart of Creame.

Take a quart of Creame, and put in twelue yolks of egges, and a litle Saffron, straine them. Then put it in a pot and boile it, but all the time it standeth on the fire it must be stirred with a sticke for burning. Also ere ye boile it, ye must put a good dish of butter in it, when it is boyled, put in your Sugar, as muche as wil make it sweet: then make your paste with Butter, Egges, Sugar, with a litle Saffron and fine flower, and make your Tart with it and drie it in the Duen, and when it is dry, put in a litle Rosewater and butter, then fill your tart with the stuffe, whē it is strained, so bake it, and when it is baked, sprinkle a litle Rosewater and Sugar, and a litle Butter molten vpon it.

How to make a tart of Prunes.

You must seeth the prunes with Wyne, then straine them, and season it with Sugar, so bake it with paste, and first prick it in the bottome if that you wil boile your stuffe vpon a chafingdish, then the lesse baking afterward wil serue it.

How to make a tart of Spinnage.

Take some cast cream, and seeth some Spinnage

in faire water till it be very soft, then put it into a Collender, that the water may looke from it: then straine the spinnage, and cast the creame together, let there bee good plentie of Spinnage: set it vpon a chafingdish of coales, and put to it Sugar and some Butter, and let it boyle a while. Then put it in the paste, and bake it, and cast blanch powder on it, and so serue it in.

To make a tart of Veale.

Take two kidneis of Weale and boyle them, then take off all the skin and chop the fat very small, and put two yolks of eggs, a handfull of Corrans, five Dates cut small two handfull of sugar, a spoonfull of Salte, a spoonfull of Sinamon, halfe a spoonfull of Ginger, foure spoonfulls of Rosewater, chop them altogether: then make your Tart of fine paste, and fill it with your stuffe: then close it with a cover, and strike vpon the lid of your Tart butter that is molten, and cast fine sugar vpon it, as you doe to a Marchpane, let not your Duen be too hot for it asketh but litle baking.

How to make a tart of cheese

Make your Tart, and then take Ranbery Cheese, and pare away the out side of it and cut the cleane cheese in small pices and put them into the Tart, and when your

Tart is full of Chesse : then put two hand-
fuls of sugar into your Tart vpon your chesse,
and cast in it fine or sixe spoonesfuls of Rosewa-
ter, and close it vp with a couer, and with a fe-
ther lay sweet molten Butter vpon it, and fine
Sugar, and bake it in a soft ouen.

To make a tart of almonds.

Blanch almonds and beat them, and straine
them fine with good thicke Cream, then
put in Sugar and Rosewater, and boyle it
thicke, then make your paste with butter, fair
water, and the yolks of two or three Eggs. and
as soone as ye haue driuen your paste, cast on a
little sugar, and rosewater, and harden your
paste asfoze in the Ouen. Then take it out, and
let it, and set in in againe, and let it bake till it
be wel, and so serue it.

How to make a tart of Medlers.

Take medlers that be rotten, & straine them
thru a cloth, then ser them on a chafingdish of coales, and
beate it in two yolks of Egges, and let it boile
till it be soft: what thicke then season it with Si-
namon, Ginger and sugar, and lay it in paste.

How to make a tart of hippes.

Take Hippes, slit them, and pick out the ker-
nels: then seeth them in white wine, or in
faire water, when they bee soft sodden, straine
them as thicke as you can, and season them with
Sym

Sinamon, ginger and sugar, & lay it in paste.

How to make a Curde tart.

Take Cream, yolks of eggs, white bread
seeth them together, then put in a sabcer
full of Rosewater or Palmesey, and turne it :
and put it into a cloath, when all the whey is
out, straine it, and put in Sinamon, Ginger,
salt, and sugar, then lay it in paste.

How to make Lumbardy tarts.

Take beets, chop them small, and to put
them grated bread & chesse, and mingle
them wel in the chopping, take a few cor-
rans, and a dishe of sweet butter & melt it, then
stir al these in the butter, together with three
yolks of egges, sinamon, ginger, and sugar,
and make your tart as larg as you will, and
fill it with the stuffe, bake it, and serue it in.

To make a tart of bread.

Take grated bread, and put to it molten but-
ter and a little Rosewater and sugar, and
the yolks of eggs, and put it into your paste, and
bake, and when you serue it, cut it in foure
quarters and cast sugar on it.

A tart to prouoke courage either in man
or woman,

Take a quart of good wine, and boile therein
two Burre rootes scraped cleane, two good
Quinces, and a potatoe roote well pared,

and an ounce of Dates, and when all these are boyled verie tender, let the be brayne thzough a strainer wine and al, and the put in the yolks of eight eggs, and the braines of thze o2 sower socke sparrowes, and straine them into the o2 ther, and a litle rosewater, and seeth them all with Sugar, Cinamon and Ginger, and cloves and mace, and put in a litle sweet butter, and set it vpon a chaffingdish of coales betwenn two platters, & so let it boile til it be something big.

How to make a tart of Gooseberies.

Take Gooseberies, and perboile them in white o2 claret wine, o2 stronge ale, and withall boyle a litle white bread: then take them vpe & bray them thzough a strainer as thick as you can with the yolks of fyre Egges, then season it wth sugar, and halfe a dishe of butter, and so bake it.

Rosted meats.

To make Allowes of mutton.

Take faire Button, and cut it thin in flakes then take faire Parsley, Onions, Yolkes of Egges, sodden Egges, Parrow, o2 sweet suet, chop al these together, and so rolle it vp with the mutton, and roste it.

How to rosta Gybot of mutton.

Cut the flesh of a leg of Button, take out the bone,

bone, and take the flesh that you cut soozth, and chop it small, and put thereto yolks of Egges, cloves and Pace, Corrans, Rosemarie, Parsley. Time and some suet, and mingle them altogether, and put them into a bag and sewe it vp, and so roste it.

How to roste a Hare.

First wash it in faire water, then perboile it and lay in cold water againe, then lard it, and roste it on a broch. When to make sauce for it, take red Winigar. Salt, Pepper, Ginger Cloues, Pace, and put them together. When mince apples and onions, and frite them in a pan: then put your sauce to them with a litle sugar, and let them boyle well together, then balte it vpon your Hare and so serue it soozth.

To roste a Calues head.

Make a litle hole in the head, & plucke out all the braines, and lay the head to soake: then to make a pudding in it, take white bread, and lay it to soake in milke, and strain it thicke, then take foure yolkes of Egges, cloves Pace, Pepper, Saffron, corrans, Dates, and a good quantitie of Butter, make a good Pudding, and fill the head full: then take the bone, and stop the hole, and whe it is almost enough, cast crummes of bread on it: then cleane it, and make sauce to it with Cinamon, sugar, Cin-

ger, and vinegar, and boyle them al together,
and then you may serue it sooth.

To rost a Capon, Pheasant or
partridge.

Roste a capon with his head of, his wings
and legges on whole: and your pheasant in
like sort: but when you serue him in, stick
one of his feathers vpon his bzeast: and in lyke
maner you must roste a Partridg, but stick vpon
no feather.

How to roste Venison.

Let your Venison be perboyled, then make
it tender, and cast into it colde water, then
larde it, and roste it, and soz sauce: take bzoeth
vinegar, pepper, cloves and mace, with a little
salt, and boyle all these together, and so vpon
your venison serue it.

How to roste a quail.

Let his legs be broke, and knitt one within
another, and so roste him.

To roste a Crane, Heron, Curlew
or Bitture.

Roste a crane with his legs turned vp be-
hind him, his winges cut off at the ioynt
next the bodie, and then wind the necke about
the bzoeth, and put the bill into his bzeast, the
Heron Curlew and Bitture, after the same
maner, but let the Bittures head be off.

To

To roste a Plouer or a Snire.

TAke and roste a plouer with his head of, and
his legges turned vward vpon his backe,
but the Snire with his bill put into his bzeast,
and his legges turned vward vpon his bzeast.

How to roste Woodcocks.

Plucke them, and then draw the guts out of
them, but leaue the liuer still in them, then
stufte them with Larde chopped small, and
Juniper berries, with his bil put into his bzeast
and his feet as the Snire, and so roste him on a
spit, & set vnder it a faire large pan with white
wine in it, & chopped parsley, vinegar, salt, and
ginger: then make tostes of white bread, & toste
them vpon a girdion, so that they be not burnt:
then put these tostes in a dish, & vpon them lay
your woodcocks, and put your sauce, being the
same bzoeth vpon them, and so serue them sooth.

To seeth fish.

To make fine rice pottage.

TAke halfe a pound of Jordan almondes, and
half a pound of rice, and a gallō of running
water, and a handfull of oke barke, and let the
barke be boyled in the running water, and the
almondes beaten with the bulles and al on, and
so strained to make the rice pottage withal.

To make good Lenton pottage.

¶ 4

Take

Take Eeles and flea them, and cut them in culpins, and cast the into a pot of faire water, and take Parsley and Onions, & chyd them together not to smal, & take cloues of Spice, powder of Pepper and Synamon, and cast it thereto, and let them boyle together a while: also take a good portion of wine, & thicke yest, and put it thereto, and let it boyle together a while. Then take saffron, salt, and Vinegar, and cast it thereto, and serue it for good portage.

How to seeth a Pike.

Take white wine, faire water, vinegar, and a little yest, or els a few gooseberies, boill these together, and before yee seeth your Pike, lay it in vinegar and salt, this is a good broth.

How to seeth a carpe.

You must take Red wine, and the blood of the carp, and a little Vinegar and salt, and let it lie in this a while. Then seeth your carpe in it, and put pepper halfe broken in it, and a peece of sweete butter, and make your soppes therewith and serue it in.

How to seeth a Gurnard.

You must open your Gurnard in the back, and faire wash and seeth it in water and salt, with the fishe side upward: and when it is sodden well, you may take some of the best of your broth if you wil, or els a little faire water,

ter, and put to it newe yest, a little Vergious, parlie, Rosemarie, a little Time, whole Spice and a peece of sweet Butter: and let it boyle in a pipkin by it selfe till it bee well boyled, and then when you serue in your Gurnard, powze the same broth vpon it.

To seeth fresh Salmon.

Take a little water, and as much Beere and salte, and put thereto Parsley, Time, and Rosemarie, and let all these boyle together. Then put in your Salmon, and make your broth sharpe with some Vinegar.

How to seeth a Breame.

Put white wine into a pot and let it seeth, then take and cut your Beame in the midst, and put him into the pot: then take an Onion and chop it small, then take Nutmegs beaten, Synamon and Ginger, whole Spice, & a pound of Butter, and let it boyle altogether and so season it with salt, serue it vpon sops, and garnish it with fruite.

To seeth Roches, Flounders, or Eeles.

Make yee good broth with newe Peast, put therein Vergious, Salt, Parsley, a little Time, and not much Rosemarie and pepper: so set it on the fire and boyle it, & when it is well boyled, put in Roches, Flounders, Eeles, and a quantitie of sweet butter.

A new booke
How to seeth Stockfish.

Take Stockfish and water it well, and then put out all the bakke from the fishe, then put it into a pipkin, and put in no more water then shall couer it, then set it on the fire, and as soone as it beginneth to boyle on the one side, then turne the other side to the fire, and as soone as it beginneth to boile on the other side, take it of and put it into a Colender, and let the water run out from it, and put in salte in the boyling of it, and take a little faire water and sweete butter, and let it boyl in a dish untill it be something thicke, then poure it on the Stockfish, and so serue it in.

To seeth a Dory or a Mullet.

Make your broth light with yest, some what sauozie with salt, and put therein a little Rosemarie, and when it seeths put in your fish, and let it seeth very softly. Take faire water and bergious a like much, and put thereto a litle new yeast, cozrans, whole Wep- per, and a litle Pace, and Dates thyd berie smal, and boyle them wel together: and when they be well boyled, take the best of your broth that your fish is sodden in, and put to it Straw- berries, Gooseberries, or Barberries, sweete Butter, and some sugar, and so season up your broth, and poure upon your Doxie or Mullet.

To

of Cookerie.
To stewe Herrings.

36

Take ale, and put therein a few onions small cut, & a spoonful of Mustard, great raisons and saffron, & thicke it with grated bread: if you will haue puddings in them, take the soft roes of the herrings, & stamp them with a litle thicke almond milke, and put thereto some Dates or figs minced, clauies, mace, Sugar, saffron and salt, and some cozrans, and grated bread.

To roste a peece of Stockfish.

Take a quarter of Stockfish and a litle gra- ted bread and a litle creame, & soure yolks of eggs, a few Dates minced with cozrans sp- namon, ginger, and a litle pepper, and so lay it to the fire, & bakke it well with Butter and Wi- nigar, & some Cinamon and ginger in your but- ter, wherewith you bakke it, and so serue it.

To bake fish.

To make herring pies.

Take herrings and crush them in your hands, so shall you loose the flesh from the skin, saue the skin, as whole as ye can, & scrape of all the fish, y none be left therupon: then take a pound of almonds, or as manie as ye bee disposed to make, blanch them, and stamp them, and in the stamping of them, put in one soft roe, and one harde roe, and fine or fine Dates, and a spoon.

A new booke

spoonfull of two of grated bread, and a pint of Muscadell to grinde them withall, but ye may not grind them to fine, no2 may not make them too moist with your muscadell, but somewhat stiff, that you may fill the skinnies of your Herrings: Then take Rosewater, and a little saffron to colour Almondes withall, when yee haue ground them. Then put in foure Dates and cut them fine, and a handfull of Currans, and a litle sugar, then make fine paste, and roll it as thinne as you can, and strewe thereon a good deale of sugar, then put your Herrings therein, and bake them

How to bake a Carpe.

Take of the scales, and take forth the Gall, and with cloues, Pace, and salte, season it and take corrans and p2unes, and put about the carpe, and take butter and put it vpon him and let him bake two houres.

How to bake a ioll of fresh Salmon.

Take Ginger and salt, and season it, and certaine currans, and cast them about and vnder it, and let the paste be fine, and take a litle Butter and lay about it in the paste, and set it in the oven two houres, and so serue it in.

How to bake a Breame.

Scale it, and take cloues, Pace, and salte. Sand put it in fine paste. Then take corrans and

of Cookerie.

and set about it, and a good quantiter, and put it into the belly of the E about it: let it bake two houres.

How to bake a Gurnard with E

Take certaine Eeles and a Gurnard. Put them into your Coffin, & take cloues and salt, and caste a lile into the bottm. your coffin. Then take the Eeles and lay them about the Gurnard, and the residue of your spice cast about it, and take a quantitie of Corrans and P2unes. let it bake three houres.

How to bake a trout.

Wash it a litle, and take two or three Eeles, a few Cloues, mace, ginger, and salt, and season the Trout and the Eeles together, and put them in the coffin together and a few Corrans about it, and a quantitie of butter, and let them bake an houre and a halfe.

How to make a good marchpane.

First, take a pound of long smal almonds, blanch them in colde water. Then take a cloth and dry them as dry as you can. Then stamp them small, and put no liq2or to them but as you must needes to keepe them from oyling, and that litle that ye put to them must be Rosewater, in like maner you should but wet your Pestels end therein, for feare of putting too much

A new booke

more therin: and when you haue beaten
e, take half a pound of sugar or more,
ye beaten to smal powder, but it must
gar, & then put it to your Almondes,
them altogether, when they be bea-
ake your wafers and cut them compass:
oe of the bignesse that you will haue your
Marchpane of. When so soone as you can after
the tempering of the stuffe, let it be put in passe
of wafers, and strik in abroad with a flat stick
of wood as euen as you can, and pinch the very
stiffe as if it were an edge: set on the, put a pa-
per vnder it, & then set it vpon a fair board and
lay a Lattine bason vpon it the bottome vp-
ward. Then lay burning coales vpon the bot-
tome of your bason, and euer anon lift vp your
bason to see how it baketh: and if it happen to
be browne, or to browne too fast in some places
fold paper as broad as that place is, and this
well tended, ye shal bake one in litle more then
three quarters of an houre: when it is baked,
put on your gold and your biscuits, and stick in
long comets, and then shall yee make a good
Marchpane: But before that ye bake it, yee
must cast on it fine sugar and Rosewater, and
that wil make him to crispe like unto yse, like-
wise you must haue a hoope for to make your
Marchpane in.

To

Of Cookerie.

To make good Restons.

Take a quart of fine flower, lay it
board, and make a hole in the mi-
flower with your hand, and put a sa-
le Pest therein, and ten yolkes of
out thereto. two spoonfulls of Syonam,
one of Ginger, and a spoonfull of cloue-
gace and a quarterne of Sugar fine beate.
and a litle saffron, and halfe a spoonfull of
Salt. Then take a dishfull of Butter, melt it
and put into your flower, and therewithal make
your passe as it were for manchet, and mould
it a good while and cut it in peeces the bignes
of Ducks egges, and so moule euerie pece
as a manchet, and make them after the fashion
of an arkorn broad above, and narrow beneath.
Then set them in an Ouen, and let them bake
three quarters of an houre. Then take fine vi-
thes of butter and clarifie it clean vpon a soft
fire: then drawe forth your Restons forth of
the Ouen, and serape the bottoms of them faire
and cut them ouerthwart in foure peeces, and
put them in a faire charger, and put your clari-
fied butter vpon them. Then haue powder of
Syonam and Ginger readie by you, and Su-
gar verie fine: and mingle the altogether, and
ouer as you set your peeces thence, together
cast some of your sugar, Syonam & ginger vpon
on.

id when you haue set them al bp, lay
: faire platter, and put a litle butter
1, and cast a litle sugar vpon them, e
em in.

How to make a Vaunt.

Take marow of Beefe, as muche as you
can hold in both your hands, cut it as big
as great dice. Then take ten Dates, cut
them as big as smal dice: then take thir-
tie pynes, and cut the fruite from the stones,
then take halfe a handfull of Cozrans washe
them and picke them, then put your marrow in
a cleane platter, and your dates, pynes, and
Cozrans: then take ten yolks of Eggs, and put
into your stufte afoze rehearsed. Then take a
quarterne of sugar, and moze, and beat it smal
and put to your marrow. Then take two spoon-
fuls of Cinamon, and a spoonful of sugar, and
put them to your stufte, and mingle them alto-
gether, then take eight yolks of eggs, and foure
spoonfuls of Rose water, strain them, and put a
litle sugar to it. Then take a sayze frying pan,
and put a litle peece of butter in it, as much as
a Walnut, and set it on a good fyze, and when
it looketh almost blacke. put it out of your pan,
and as fast as you can, put halfe of the yolks of
Eggs, into the midst of your pan, and let it run
all the bzedth of your pan, and frie it faire and
yel

yellowe, and when it is fryed, put it in a faire
dish, and put your stufte therein and spread it al
the bottom of the dish and then make another
vaunt euen as you made the other, and set it vpon
a faire bozd, and cut it in faire slices, of the
breadth of your litle finger, as long as your
Vaunt is: then lay it vpon your stufte after the
fashion of a lattice window, and the cut off the
ends of them, as much as lyeth without the in-
ward compasse of the dish. Then set the dishe
within the Ouen or in a baking pan, and let it
bake with leisure, and whē it is baked enough
the marrow will come faire out of the vaunt,
vnto the brim of the dish. The draw it out, and
cast theron a litle sugar, and so you may serue
it in.

How to make Friars.

Take three handfull of flower, seuen yolkes
of egges, and halfe a dishe of Butter, make
your paste therwith, and make two Chews-
ets therof, as you would make two tarts, and
when it is dyuen verie fine with your rolling
pin, then cut them in peeces of the bignesse of
your hand. Then take a quartern of sugar, and
one ounce and foure spoonfuls of Cinamon, and
halfe a spoonfull of Ginger, and mingle them
altogether, then take lumps of marrow, of the
quantitie of your finger, and put it on your pee-

A new booke

es of paste afoze rehearsed, and put vpo it two poundfuls of your sugar and spices: then take a little water and wet your paste therewith: then make them euen as ye would make a pastie of Menison: then pick them with a pin, and frie them as ye frie fritters, when they be fried, cast a little sugar on them, and so serue them in.

How to make frians in Lent.

TAke Galsome Geles and see they be fat, and cut the fish from the bone, and mince it smal and a Marden o2 two with it. Then season it with Pepper, salt, cloues, mace, and Saffron: then put to it coyrans, Dates, and Pynces, smal minced, and when your fruit is altogether then poure on a little Clergions and cut it in little peeces, and so bake it. & put a peece of Butter in the midst of the peeces to make it moyst, so close it, and bake it.

How to make Snowe.

TAke a quart of thicke cream, and sue o2 fire whites of eggs, a sawcerfull of Sugar, and a sawcerfull of Rosewater, beate altogether, and suer as it riseth take it out with a spoone: then take a loafe of bzead, cut away the cross, and set it vpright in a platter. Then set a faire great Rosemarie bushe in the midst of your bzead: the lay your snow with a spoon vpon your resemariy, & vpon your bzead, & gilt it.

To

Of Cookery.

To make a good Gellie.

First, take foure Calues fete, and scald o2 the haire of them: then sceth them in faire water til they be tender. Then take out your fat, and let your broth stand till it be cold: then ye shall take of clean the fete from it, and then put Claret wine and a little Palmesey to it: if ye haue a pottel of Gellie water: then put to it a quart of wine, and a pint of Palmesey, then season it with salt, and put thereto one pound of Sugar, one ounce of Ginger, one ounce and a halfe of Sinamon, twelue cloues, twelue pepper cornes, and a little Saffron, so boile all together: then take a good sawcerfull of Vinegar and lay your turnfall therein: and then put it to your Gellie, til it be somewhat keeled, then put in your whites of eggs, and let al these boile together. Then set all these by, and within a while let it run through your bag.

To make Gellie both white and red.

TAke foure Calues fete, scald2 them verie cleane, and cut them in the midst, and as nere as ye can, take away al the fat cleane out of the ioints, and let the fete lie in faire water foure o2 fife houres, & change the water often. Then take a clean pot, and put your fete in it, and put to them thre quarts of faire water, and

Run it verie cleane, euer as any fat dooth rise
 et it bee taken away, and so let it sath till the
 thirde part of your liquoz be sodden away, and
 your feet very tender, then take it from the fire
 and let the liquoz run thzough a strainer into a
 faire earthen pan, and set the pan in some cold
 place that it may be stiffe: and when it is stiffe
 take a sharp knife and cut away the uppermost
 of the gellie as thin as you can, the denide your
 gellie in the pan, & put it in two earthen pots:
 take thre ounces of sinamon large, and wash
 it verie cleane: then bzeake it of the bignesse of
 a penie. Take of case Ginger almost an ounce
 and pare it cleane, then cut it as much as if you
 would eat it with figs: then take two nutmegs
 and cut them in four or five peeces: and put all
 this in one of your pots, and put therto a pound
 of Sugar, as ye thinke good, and put thereto a
 sawcerfull of white Viniger, and a litle sayze
 white salt, faire picked, and very clean: then set
 your pot in a soft fire, and so let it stew, but not
 seeth, and let the pot be covered verie close, whē
 it hath stued a while, with a spoone assay it whe
 ther it be fleshy in the mouth, if it be, put in a li
 tle more Sinamon, and if it be hot of the spice,
 put in a pint of white wine, and let it stew a
 while. Then take the pot from the fire, and let
 it stand till it be between hot and cold, the take
 the

the whites of ten Eggs, and beat them well, and
 put them into the pot, but see that your liquoz
 be not too hot, nor too cold, when you put them
 in. Then set your pot to the fire againe, & when
 the Eggs be hardened, with a spoone take them
 cleane off, and set the pot from the fire, ere ye
 take of the whites. Then haue your gelly bag
 clean, and hang it in a fair place, and put in the
 bottome of your bag a litle Margeram, and so
 let it run thzough your bag thre or foure times
 or more if neede require, but keepe alwaies a
 cleane cloth ouer the mouth of your bag, then
 cast your dishes, when all is runne out, be wel
 ware ye haue no dust when it runneth, or whē
 you shal cast it, and haue a litle fire beside your
 bagge, when it is running, make your red gel
 lie of your other pot, and season it as ye did the
 white gellie, and doo thereto in the putting in
 of the Eggs as ye did befoze. But for the Nut
 meggs ye must take twentie cloues bzuised, and
 beware ye make not too deep a colour of your
 Turnesol at the first, but take of it by litle and
 litle at once, and put in the bottome of your bag
 a litle Rosemary, & so vse it els in euerie thing
 as ye vse the white.

To make gellie with flesh.

Take knuckles of Veal, and cut the ioints al
 to peeces, and lay them in faire water the
 space

space of an houre, then wash them cleane, and lay them in faire water again the space of half an houre. Then take a faire pot and put your flesh in it: then fill your pot with Claret wine and water, and set it to the fire, and scum it as clean as ye can: then let it boyle as softly as ye can, for the sooner it is boyled the longer it will bee ere it come to a Gellie: therefore it must boyle but softlye, when it is boyled, straine the liquoz into a fair boll, and when it is cold, take off the greace that lyeth vpon it: then take of the clearest of the stuffe, and put it in a faire pot and sceth it, and then put in your Sugar: then take Dynamon, graines, cloues, long Pepper, Nutmegs and ginger, of each of these a quantitie, then bruse them, and scarce out the smal spices, and put the greatest into your pot, when it boyleth, put in whites of Eggs beaten: Then take a Scumme and scum them as they rise, and drie your Turnesall by the fyre, and rub it cleane, and colour your Gellie therewith, then take your bag, and put Rosemarie in the bottom of it, and hang it by the fire side, and let your gellie runne two times through your bag into a faire bell.

To make gellie with fish.

Take Lenches and scalde them, and drie them and wash them cleane: then put your
Len-

Lenches into a fair pot: then take white wine or claret and fill your pot therewith: then take Slenbras as much as ye think best. Then take your pot and set it on the fire, and let it boyl the space of an hower and a half: then take it from the fire, and let your liquoz run through a strainer, then let your liquoz stand till it bee colde. Then order it in euerie point as yee did the other before that is made with flesh.

All necessities apperteyning
to a Banquet.

Snamon, Sugar, Nutmegs, Pepper, Saffron, Saunders, Coleander, Anniseeds, Licoriz, al kind of Comfets, Drenches, Pomegranate, Toznesall, Lemmons, Dunes, Corrans, Barberries conserued, Paper white and browne: seeds, Rosewater Raisons, Kie flower, Ginger, Cloues and mace, Damask water, Dates, Cherries conserued, sweete Drenches, Wafers for your Marchpanes, seasoned and vnseasoned Spinnedges.

To make a Tyssan.

Take a pinte of Barley beeing picked, sprinkled with faire water, so put it in a faire stone moyter, and with your pestel rub the barley

ley, and that will make it tuske, then pick out the barley from the huskes, and set your barley on the fire in a gallon of faire water, so let it seeth til it come to a pottell: then put into your water, Succory, Endiue, Cinkefoyle, violet leaues, of each one handfull, one ounce of anniseeds, one ounce of liquoris bznised, and thirtie great raisons, so let all this geare seeth till it come to a quart: then take it of, let it stand and settle, and so take off the clearest of it, and let it be strained, and when you haue strained the clearest of it, the let it stand a good pzetie while. Then put in foure whites of Eggs al to beaten, shels and all, then stir it well together, so set it on the fire againe, let it seeth, and euer as the scum dooth rise take it of, and so let it seeth a while: then let it run through a strainer or an Epocras bagge, and drink of it in the morning warme.

How to clarifie Whey.

Take the iuyce of Sumetozie, halfe a pint of the iuyce of Bozage, of Endiue, of the tending of hoppes, of each of them a quarter of a pinte, the put al these iuyces to a pottle of whey with three whites of Egges beaten, and with Sugar sufficient: then boyle them on an easy fire, take away the scum of it as it riseth, and when it is cold let it run through a sayze strainer:

ner, take thereof euery morning halfe a pinte, and befoze supper as much: this wil pure your blood, and wil continue good foure daies.

How to make fillets Gallantine.

Take faire Bozk, and take of the skin and roste it halfe enough, then take it off the spit, and smite it in faire peeces, and cast it in a faire pot: then cut Onions, but not too small, and frie them in faire suet, put them into the Bozke, then take the broth of Verfe or Putton and put thereto, and set them on the fyre, and put thereto powder of Pepper, Saffron, cloues and Pace, and let them boile well together. Then take faire bread and Vinigar, steepe the bread with some of the same broth, straine it, and some blood withall, or els sauanders, and colour it with that, and let all boyle together, then cast in a litle Saffron, and salte, and then may you serue it in.

How to make Gallantine.

Take tostes of white bread, boile the on a chafingdish of coals, with vinigar whe it hath soaked afore in the vinigar, and in boiling put in a branch of Rosemarie, Sugar, Synamon and Ginger, straine it, and serue it.

How to make tostes of Veale.

Take the kidneyes, choppe them verie small, then put to it foure or fise yolkes of Egges, three

three spoonfull of sugar, a little synamon and Ginger, a spoonfull of Cozrans cleane washed and picked, choppe them altogether, then make sops of stale white breade, and lay your stiffe vpon them, and take a frying pan and a dish of sweet Butter in it, and melt it: then put in your tosse and frie them vpon a soft fire: then lay them in a dish, and cast sugar on them, your fire must be verie soft, or els they will burne.

To make an apple moyle.

Take apples, and cut them in two or four peeces, boyle them till they bee soft, and bryse them in a moxter, and put thereto the yolks of two Eggs, and a litle sweet butter, set them on a chaffindish of coales, and boyle them a litle, and put thereto a litle Sugar, synamon and ginger, and so serue them in.

To make Pescods.

Make your pass with fine flower, & yolkes of Eggs, make it thort and bryue it thinne. Then take Dates, Cozrans & marrowe, and cut them like Dice, and season them with salt because of the marrow a litle: then put in synamon, sugar and Ginger, make your pass as you do for the Friars in Butter or suet, and serue them in.

To make pescods another way.

Take

Take apples, and mince them small, take Figs, Dates, Cozrans; great Raisons, Synamon, Ginger, and Sugar, mince them, and put them all together, and make them in lytle flat peeces, and fry them in butter and Oyle.

Pettie seruices.

Take faire flower, Saffron and sugar, make thereof paste, and make thereof coffins, and take the yolkes of Eggs tried from the whites, and see the yolks be all whole. Then lay three or foure eggs in the coffin, and two or three peeces of marrow: then take powder of Ginger, sugar and cozrans, and roll the marrow in it, and put all in the pie, and couer it, or bake it in a pan.

To make Spanish balles.

Take a peece of a leg of Button, and pare away the skin from the flesh, chop the flesh very small: then take marrow of beefe, and cut it as big as a hassell nut, & take as much of marrow in quantity as yee haue of flesh, & put both in a fair platter and some salt, and eight yolks of eggs, and stirre them wel together: then take a litle earthen pot, and put in it a pint and a halfe of beefe bryth that is not salt, or else Button bryth and make it seeth: then make balles of your stiffe, and put them in boyling bryth

one

one after another, and let them stewe softly the space of two houres, Then lay them on sopps three or foure in a dish, and of the vppermost of the broth vpon the sops, and make your balles as big as tennis balles.

To make balles of Italie.

Take a peece of a legge of Meale, perboyle it, then pare away al the skin and sinews, and chop the Meale very small, a litle salt and pepper two yolks of Egges hard rosted, and seven yolks raw, temper all these with your Meale, then make balles thereof as big as Walnuts, and boyle them in beefe broth, or mutton broth as ye bid the other before rehearsed, and put in to your broth ten beaten cloues, a race of Ginger, a litle Bergious, foure or five lumps of marrowe whole, let them stewe the space of an houre: then serue them vpon sops, eight or nine in a dish, and betwixt the balles you must laye the lumps of marrow.

To make almond butter after the best and newest maner.

Take a pound of almondes, or more as ye wil, blanch them in cold water, or in warme, as ye may haue leysure: after the blanching, let them lie an houre in cold water: then stampe them in fair cold water as fine as ye can: then put your almondes in a cloth, and gather your cloth

cloth round by in your hands, and presse out the milke as much as you can, if ye thinke they be not smal enough, beat them againe, and so get out milke as long as you can. Then set it on the fire, and when it is ready to seeth, put in a good quantitie of Salt, and Rosewater, that will turne it, and after that it is in, let it haue one boyling, and then take it from the fire, and caste it abroad vpon a linnen cloth, and vnderneath the cloth, scrape off the whey as long as it will runne. Then scrape together the butter into the midst of your cloth, and binde the cloth together, and let it hang so long as it will drop. Then take peces of Sugar, as much as yees think will make it sweet, and put therto Rosewater a litle, as much as wil melt the Sugar, and fine powder of saffron, as ye think wil colour it, and let both your Sugar and Saffron steape together in that litle quantitie of Rosewater, & with that season by your butter when you wil make it.

How to make Ipocras.

Take of chosen Sinamon two ounces, of fine Ginger one ounce, of graines half an ounce of Nutmegs half an ounce, bzuise them al, and stampe them in three or foure pintes of good or differous wine, with a pound of Sugar, by the space of four and twenty houres: then put them into

into an Ipcoras bag of woollen, and so receiue the liquor. The readiest and best way is to put the spices with the pound of Sugar, & the wine into a bottel, or a stone pot stopped close, and after xiiii houres it wil be ready, then cast a thin linnen cloth, and letting so much run through as ye wil occupie at once, and keepe the vessel close, for it will so well keepe both the spirite, colour, and vertue of the wine, and also spices.

To make Ipcoras another way.

Take a gallon of wine, an ounce of Sinnamon two ounces of ginger, one pound of Sugar, twentie cloues bzuised, and twentie cornes of pepper big beaten, let all these soake together one night, & then let it run through a bag, and it will be good Ipcoras.

To make Eggs vpon sops.

Take Eggs and potch them as soft as ye can, then take a fine manchete, and make soppes thereof, and put your sops in a dish, and put berriours thereto and Sugar, and a litle Butter: then set it to the fire, and let it boile: then take your eggs and lay them vpon your sops, and cast a litle chopt Parslie vpon them, and so serue them in.

To make Eggs in Lent.

Take Venues Eggs, and put out cleane the white and the yolke. Then wash your shell clean,

clean, and take almond milk, and seeth it with a glas, or of the broth of a Pike or a Tench, and when it is sodden, take it off, but before ye take it from the fire, ye must season it with sugar and salt, and fill your egge shells before the milke be cold. Then make a hole in the Egge above, and cut out so much of the white as ye wil make your yolks, then colour your mylke that be left afore with Saffron, like the yolk of an egge, and fill vp the hole againe therewith, and let it stand til it be occupied.

How to make caste creame.

Take milke as it cometh from the Cow, a quart or lesse, and put thereto raw yolks of Eggs, temper the milke and the egges together. Then set them so tempered vpon a chafin dish of coales, and stirre it still and put sugar to it, and see it curd not, and it will be like creame of Almonds: when it is boyled thicke enough, then caste a litle sugar on it, and spinle Rose water vpon it, and so serue it in.

To make caste Creame another way.

Take the milke that is milked ouer night, & scum off the Cream, then take the milk and the whites of eggs, straine them together, and two yolks of eggs mingled together, and boyle them altogether vntill they turn to a Curde, then put thereto a quantitie of Berriours, and

and then it will turne: then take the same, and put it in a linnen cloth, and hang it vpon a pin a litle while, & let the whay run from it. Then take it downe and straine it into a platter, and season it with a litle Rosewater and Sugar, and so serue it.

To make clowted Cream after *Mistres*
Horsmans way.

When you haue taken the milke from the Dine, straight let it on the fire, but see that your fire bee without smoake, and soft fire, and so keepe it on from morning till it be night. or nigh therabout, and ye must be sure that it both not seeth all that while, and ye must let your milke be set on the fire, in as broad a vessell as you can. Then take it from the fire, and set it vpon a boord, and let it stand al night: the in the morning take off the cream and put it in a dish, or where ye wil.

How to make Creame of Almonds.

Take thick Almond milke, and seeth it a litle, then take it from the fire, and coorne it with salt and vinigre. Then cast it in a cloth, and with a litle knife scrape in vnder the cloth and there will come out whey. Then put the Creame together in the midst of the cloth, and hang it on a pin, and let more whey drop out till ye thinke it be well. Then put it in a vessell, and

and put to it sugar plentie, if it hange too long that it be too drie: then temper it with swete wine, and dresse it if you wil with smal raisins and lay it like morterels, or els put it abroad, and lay bozage traues vpon it, or els red comfits, and so serue it in.

How to make a good posset curde.

Take your milke and set it on the fire, and let it seeth put in yolks of eggs according to the quantity of your milke: but see that your eggs be tempered with some of the milke ere ye put them to the milke that is on the fire or els it will fall together and mar all, and ye must stirre it still till it seeth and begin to ryse. Then take it off from the fire, but before ye take it off, haue your drinke ready in a fair balon, on a chafingdish of coales, and pouze the milke into the balon as it standeth ouer the chafingdish w fire, so couer it, & let it stand a while. Then take it vp and cast on Cinamon and sugar and so serue it in.

Mistresse Drakes way to make soft Cheese
all the yeere through, that it shall
be like rowen Cheese.

Take your milke as it commeth from the Cow, and put it in a vessell till it be cold, then take as much faire water, and set it on the fire when your water is warm, put so much of your
water

water is warme, put so much of your water in that milk as wil warme the milk. Then take a spoonefull of runnet and moze, and put into your milke, and make your Cheese, and put it into a faire cloth, and so put it into the presse, & turne it in the presse often, and wipe it wth faire clothes, as often as ye turne it.

To make Fritters.

TAke a pinte of Ale, and foure yolkes of Egges, and a litle saffron, a spoonefull of Cloues and mace, and a litle salte, and halfe handfull of sugar, put all this in a faire platter, and stirre them all together with a spoone, and make your batter thereof. Then take ten Apples, pare and cut them as big as a groate, put them in your batter: then take your suet, set it on the fire, & when it is hot, put your batter, & your apples to your suet with your hand one by one, and when they be faire and yellow take them out, and lay them in a faire platter, and let them stand a litle while by the fire side. Then take a fair platter, and lay your fritters therein, and caste a litle sugar on them, and serue them in.

To make Curde Fritters.

TAke the yolks of ten Eggs, and bzeake them in a pan, & put to them one handfull of Curde, and one handfull of fine flower, and straine the

all together, and make batter, and if it be not thicke enough, put moze Curdes in it, and salt to it. Then set it on the fire in a frying panne, with such stuffe as ye will fry them with, and when it is hot, with a table take part of your batter, and put of it into your panne, and let it run as thial as you can, & stir the with a stick and turne them with a scummer, & when they be faire and yellow fyled, take them out, & cast sugar vpon them, and serue them forth.

To make Fritters with marrow.

TAke three handfulls of fine flower and moze and lay it in a faire platter, and put thereto five yolks of Eggs and almost a pint of ale, and a good handfull of Sugar, and two spoonefulls of Sinamon, and a spoonefull of Ginger, and halfe a spoonefull of cloues and mace, a litle salte, and a litle saffron to collour it withall. Then take a spoone, and stir all these for said things together: and make your batter therewith: then take your marrow, and cut it of the bignesse of a groate: then haue a frying pan readie with sweet suet therein, and set it to the fyze, and when it is hot dip your marrow in the butter, and put it into the pan pcece by pcece, and euer be stirring them with a stick, and when they be fyled, take the out of your pan with a scummer, and lay them in a faire platter, and take

Sugar, Sinamon and Ginger, and cast vpon them, and so serue them in.

How to make Stocke Frittors.

Take a handfull of Marrow, or the kidneyes of a Calfe, chop them small. Then take ten yolks of eggs and put them in your marrow or kidneyes. Then take a handfull of Cozrars, and wash them cleane, put them to your stufte and take ten dates and cut them smal, and put them to your stufte, and take two handfull of grated bread, two spoonfull of Ginger, and one spoonfull of sinamon, and a spoonfull of cleues and make a quarter of Sugar and a litle Saffron, and mingle your spices and stufte together in a fair platter: then take two handfull of fine flower, and five yolks of egges, and make your batter therewith with ale and Saffron. Then make of your stufte afoze rehearsed litle pilles as bigge as a walnut. Then haue a frying pan readie with fair suet therein vpon the fire, and when it is hot dip your pilles into your batter, and put them into your frying pan, & fry them as ye would frie frittors, and that done, put the in a platter, and cast a litle Sinamon, Sugar, and Ginger on them, and so serue them in.

How to make Frittors with Apples.

Take fine flower, and temper it with Butter and a litle salt, and make a batter, and take a berie

a very litle saffron to colour your batter with, all, and when your batter is made, straine it through a strainer, then cut your apples of the bignes of a groat, and put them to your batter then put your suet to the fire, and when it is hot, put a peece of your apples to your suet, and if it rise quicklie, then your stufte is well seasoned, if it abide in the bottome, then it is not halfe enough: therfore when it riseth from the bottome, fill your pan one after another as fast as ye can, and when they are faire coloured, take the out with a scummer, and put them in a platter, and allwaies whiles they are in the pan stirre them with a Pick, and looke that ye haue liquoz enough. Then take your frittors, and put them in a fair platter, and then scrape Sugar enough vpon them.

How to make Frittors of spinage.

Take a good deale of Spinage, and wash it cleane, and boyle it in faire water, and when it is boyled, put it in a collender, & let it coole. Then wring all the water out of it as nere as ye can, lay it vpon a board, and chop it with the back of a chopping knife very smal and put it in a platter, and put to it four whites of Eggs, and two yolks, and the crums of half a manchet grated, and a litle sinamon and ginger, and stirre them wel together with a spoon

and take a frying pan and a dish of sweet Butter in it, when it is molten put handsomely in your pan halfe a spoonful of your stufte, and so bestowe the rest after, frye them on a soft fire, and turn them when time is, lay the in a platter, and cast sugar on them.

To make Pancakes.

Take new thicke Cresse a pint, foure or five yolks of eggs, a good handfull of flower and two or three spoonfuls of ale, strain them together into a faire platter, and season it with a good handfull of sugar, a spooneful of Syonamon, and a litle Ginger: then take a frying pan, and put in a litle peece of Butter, as big as your thombe, and when it is molten broken, cast it out of your pan, and with a ladle put to the further side of your pan some of your stufte, and hold your pan aslope, so that your stufte may run abroad ouer all the pan as thin as may be: then set it to the fire, and let the fyre be verie soft, and when the one side is baked, then turn the other, and bake them as they as ye can without burning.

To make good white puddings.

See that your livers bee not too much parboyled. Then take of the livers and lights, let them be picked & chopped with knives, stamp them in a mortar, & straine them through

through a Collender, and put some milk to it, to help to get it through, then put foure or five Eggs and but five whites, and put in crums of bread, Cloues, Mace, Saffron Salt, and some Pepper, and sweet suet small minced, and let there be enough of it, and so still fill them vp, and so black puddings, ofemeale, milk & salt.

To make Puddings.

Take grated bread, the yolks of five eggs, a litle Syonamon and Salt, Cozrains, one minced Date, and the suet of mutton minced small, knead all these together, and make them vp in litle balls, boyle them on a chafingdish with a litle Butter and Vinigar, cast Syonamon and sugar thereon, and so serue them in.

To make Ising puddings.

Take a platter full of ofemeale grotes cleane picked, and put thereto of the best Cresse sodden that ye can get, blood warme, as much as shall couer the grotes, and so let them lye and soake three houres, or somewhat more, till they haue drunke vp the cream, and the grotes swollen and soft withall. Then take five egges whites and yolkes, and straine them faire into your grotes: then take one platterful and a half of beefe suet, the skin cleane pulled from it, and as small minced as is possible so that when ye haue minced it, you must largelie haue

one platterfull and a halfe, & rather moze than lesse: then mingle these wel among your grotes then season them with some salt and some saffron: if ye will put in clones and mace: then fill your Puddings but not too full, and see they be faire washed and sweet, and beware ye pull not away too much of the fat within, for the fatter they be within, the better it is for the puddings: also if ye finde too much cream left among the grotes, after they haue linc there houres: then put out part of it, and so seeth by your puddings.

How to make a tansey.

Take a litle Tansey, fetherfew, parsley, and Violets, and stampe them all together, and straine them with the yolkes of eight or tenne Egges, and three or foure whites, & some Verdigius, and put thereto sugar and salt, and frye it.

How to make a tansey another way.

Take halfe a handfull of Tansey, of the yongest ye can get, and a handfull of yong borage, Strawberry leanes, Lettice, and Violet leanes, and wash them cleane, and beat them very small in a morter: then put to them eight Egges whites and all, and five yolks besides, and straine them all together throught a strainer: then season it with a good handfull of sugar,

gar, and a Nutmeg beaten small. Then take a frying pan, and halfe a dish of sweet Butter, and melt it: then put your Eggs to it, set it on the fire, and with a sawcer, or with a lable, stir them till they be half baked: then put them into a platter, and all to beate them still till they be very small: then take your frying pan made cleane, and put a dish of sweet butter in it, and melt it: then put your stuffe into your pan by a spoone full at once, and when the one side is fried, turn them and fry them together: then take them out, lay them in a platter, and scrape sugar on them.

How to make a tansey in Lent.

Take all maner of hearbs, and the spawon of a Pike, or of any other fish, and blanched almonds, and a few crums of bread, and a litle faire water and a pinte of Rosewater, and mingle altogether, and make it not too thin, and frye it in in Oyle, and so serue it in.

The making of fine mancher.

Take halfe a bushell of fine flower twice boulded, and a gallon of faire luke warm water, almost a handfull of white salte, & almost a pinte of yest, then temper all these together, without anis moze liquour, as hard as ye can handle it: then let it lie half an hower

hower, then take it vp, and make your Pan-
chets, and let them stand almost an hower in
the oven. Remozandum, that of euery bushel
of meale may be made fine and twenty cast of
bread, and euerie loafe to way a pound beside
the cheffill.

The making of manchets after my
Ladie Graies way.

Take two pecks of fine flower, which must be
twise boulted, if you will haue your manchet
very faire: Then lay it in a place where ye doe
vs: to lay your dowe for your bread, and make
a litle hole in it, and take a quart of fair water
blood warme, and put in that water as much
leauen as a crab, or a pretie big apple, and as
much white salt as will into an Egshell, and
all to breake your leuen in the water, and put
into your flower halfe a pinte of good ale yest,
and so stir this liquoz among a litle of your flo-
wer, so that ye must make it but thin at the first
meeting, and then couer it with flower, and if
it be in the winter, ye must keep it very warm
and in summer it shall not need so much heate,
for in the winter it will not rise without
warmeth. Thus let it lie two halwers and a
halfe: then at the second opening take more li-
quoz as ye thinke will serue to wet al the flow-
er. Then put in a pinte and a halfe of good yest
and

and so all to breake it in short peeces, after yee
haue well laboured it, and wrought it fine or
five tymes, so that yee bee sure it is throughtlie
mingled together, so continue labouring it, til
it come to a smooth paste, and be well ware at
the second opening that ye put not in too much
liquoz suddenly, for then it wil run & if yee take
a litle it wil be stiffe, and after the second wo-
king it must lie a good quarter of an houre, and
keep it warme: then take it vp to the moulding
board, and with as much speede as is possible to
be made, moult it vp, and set it into the oven,
of one pecke of flower ye may make ten cast of
panchets faire and good.

To make short cakes.

Take wheat flower of the fairest yee can get,
and put it in an earthen pot, and stop it close,
and set it in an Oven and bake it, and when it
is baked, it will be full of clods, and therefore
ye must searse it through a searse: the flower
will haue as long baking as a pastie of Meni-
son. When you haue doone this, take clowted
creame, or els sweete Butter, but creame is
better, then take sugar, Cloues, Mace and
saffron, and the yolke of an Egge, for one doo-
zen of Cakes one yolke is enough: then put al
these foresaid things together into the cream, &
stir the altogether, then put the to your flower
and

A new booke

and so make your cakes, your paste will be very short, therefore yee must make your cakes very little: when yee bake your cakes, yee must bake them vpon papers, after the drawing of a batch of bread.

How to make leauened bread.

Take five yolkes of Eggs, and a little peece of Butter as big as a Walnut, one handfull of berie fine flower, and make al these in paste, & all to beat it with a rolling pin, til it be as thin as a paper lease, then take swete Butter and melt it, and rub ouer all your paste therewith, with a feather: then roll vp your paste softly as yee would roll vp a scroll of paper, then cut them in peecees of thzee inches long, and make them flat with your hands, and lay them vpon a sheet of cleane paper, and bake them in an oven or panne, but the Oven may not bee too hot, and they must bake halfe an houre, then take some swete butter and melt it, and put that into your paste when it commeth out of the Oven, and whē they are very wet, so that they be not drie, take them out of your butter, and laye them in a faire dish, and cast vpon them a little Sugar, and if you please, sinamō and ginger, and serue them sooeth.

To

of Cookerie.

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How to make buttered Beere..

Take thzee pintes of Beere, put five yolkes of Egges to it, straine them together, and set it in a pewter pot to the fire, and put to it halfe a pound of Sugar, one penniworth of Nutmegs beaten, one penniworth of Cloues beaten, and a halfe penniworth of ginger beaten and when it is all in, take another pewter pot and bzeue them together, and set it to the fire againe, and when it is ready to boyle, take it from the fire, and put a dish of swete butter into it, and bzeue them together out of one pot into another.

A Purgation.

Take an ounce of Scēne, and as much of Polipody, bzuise them, and lay them in steep with a litle Annised, and a litle Ginger, bzuised in thzee partes of a pinte of white Wine, so let it lye al a day or a night: then seeth it to a quarter of a pinte, and in the morning drinke it early.

Cancer, Scorpio, and Pisces: these thzee bee the best signes to take purgations in.

The



The order howe all maner
of meates should be serued to the table,
with their proper sawces both for
flesh and fish.

For flesh daies at dinner.

The first course.

Take of stewed broth, Royled meate of
stewed meat, Chickens and Bacon, Pow-
dered Beefe, Pies Goose, Pigge, roasted Beefe,
Roasted beale, Custard.

The second course.

Roasted Lambe, roasted Capons, Roasted Cor-
nies, Chickens, Pheennes, Baked Mutton,
Lark.

The first course at Supper.

A Sallet, a Pigs Petitoe, powdered Beefe
sliced, a shoulder of Mutton or a breast, Heale,
Lambe, Custard.

The second course.

Capons roasted, Cornies roasted, Chickens
roasted, Pigeons roasted, Larks roasted, a Pie

The table of all the principall matters contained in this booke.

To boile Button sea- uen sundry waies	fol. 1	To boile tripes, pigs pe- titoes, or Heats feete. 8	
To boile mutton for a sick body.	2	To boile pigs petitoes another way.	ib
Balles of Button.	3	To boile chickens after the French.	ib
To boile a Capon with Oranges after m ^r Ares Duffieldes way.	ib	To boile tripes after the fashion.	ib
To boile a Capon in whitz broth tence ma- ner of waies.	3. 4.	Howe to make Longwoys	ib
Sops for a capon	4	Triped mutton.	ib
Sops for Chickens.	5	To boile a Lambs head and purtenance.	ib
To boile a mallard two sundry waies.	ib	To boile quailles.	9
To boile a Ducke.	ib	To smere a Conie.	ib
To boile Stackedones	ib	For to make Hodgepat e two waies.	ib
To boile a Conie with a pudding in his belly.	6	To boile a bratone.	ib
To boile chickens or ca- pons.	ib	To make a good white broth.	10
To boile chickens three other waies.	6. 7	Howe to make farts of portingale.	ib
For to seeth hennes and capons in winter in white broth.	ib	Howe to make tysses of portingale.	ib
To boile calves feete or Lambs feet.	ib	How to make French pottage.	ib
To boile a tripe.	ib	To make fine pap.	11
		A broth for a weak body	ib
		A good way to powder or barrell beefe.	ib

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thir for flesh o' fish. 12.
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To fure birds. 14.
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For to make Maunger
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To fure a pig. 17.
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ton in herd of venison.
1b.
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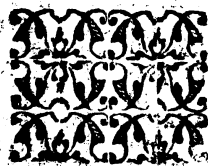
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